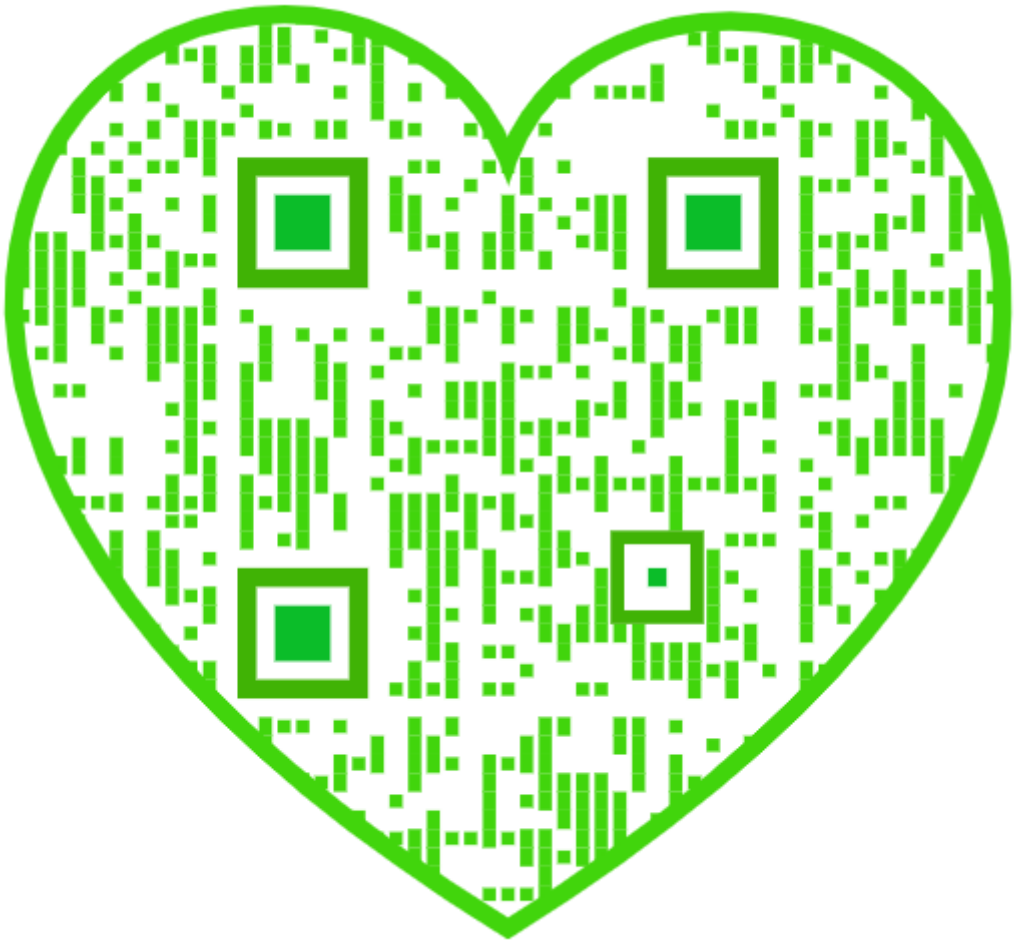
Mrs. Rorer's
MY BEST 250 RECIPES



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MY BEST 250 RECIPES

By Mrs. Sarah Tyson Rorer
Author of Mrs. Rorer's New Cook Book, Canning and Preserving, and many other popular works on cookery

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MY BEST TWENTY SOUPS

It must be understood that clear meat soups do not contain nourishment, but when served warm they are stimulating and draw into the stomach the gastric secretions which prepare it for the heavy food which is to follow.

Clear soups are the best dinner soups. Soups containing milk, thickening of butter and flour, rice, etc., are nutritious, and make excellent luncheon soups.

HOW CLEAR SOUP SHOULD BE MADE

Clear soup is made from a shin of beef, or from beef and veal; the latter makes a fine consommé. Bouillon, also a clear soup, is made from lean beef. Stock is made from lean meat and bone in the proportion of one pound of meat to three-quarters of a pound of bone. Long, slow cooking is necessary to draw out the extractives and to dissolve the gelatine. The fibre of beef, which holds a large proportion of nourishment, is not soluble in water; the albumin is the only nutrient extracted, but in boiling this is coagulated and strained out, and is lost to the soup. All bones left from roasts, steaks and the car-

casses of poultry should be used for stock and bits of meat. Crack the bones, put them in the bottom of a kettle, cut the meat into small bits, or chop it, and put it on top of the bones; cover with cold water in the proportion of one quart of water to half a pound of meat and its proportion of bone. Bring quickly to the boiling point and skim. An ordinary shin of beef requires five quarts of water, while the leg, from the hind-quarter being heavier, requires seven quarts. Push the kettle to the back of the stove where it will simmer at 180° Fahrenheit for five hours. Make stock twice a week in summer; once in winter.

To save fuel, make the stock on ironing or baking days, or over the simmering burner of a gas-stove. To have good, clear soup the cooking must be evenly done from beginning to end. If it boils rapidly for five minutes it is clouded; if it drops below the simmering point, 180° Fahrenheit, it is greasy, has a bad flavor, and will not solidify when cold. One hour before the stock is finished add the flavorings—an onion with twelve whole cloves stuck in, two bay leaves, a small carrot chopped fine, a level teaspoonful of celery seed, a teaspoonful of whole peppercorns, and a tablespoonful of salt. At the end of the cooking strain and stand it aside to cool. When cold remove the fat from the surface and it will be

ready for use. Stock made in this way will keep a week in winter and three or four days in summer; from it almost all clear soups are made.

CONSOMME A LA COLBERT

Drop poached eggs into hot, clear soup just as you send it to the table.

CONSOMME WITH MACARONI

Put small bits of carefully cooked macaroni into hot, clear soup.

CONSOMME A LA ROYALE

Beat the whites and yolks of two eggs until well mixed. Add four tablespoonfuls of consommé, two drops of onion juice, a palatable seasoning of salt and pepper. Put the mixture in a cup and stand it in hot water until the custard is set. Cut into blocks, and add to hot consommé at serving-time.

SOUP JULIENNE

Add all kinds of cooked green vegetables to hot clear soup and serve.

GERMAN CONSOMME

Beat two eggs without separating until light; add six tablespoonfuls of farina slowly, and salt

and pepper to taste; sauté in olive oil or suet, cut into blocks, and drop them in hot consommé at serving-time.

GRANDMOTHER'S SOUP

Put two level tablespoonfuls of butter and two of flour in a saucepan; mix. Add a quart of consommé; stir until boiling. Add half a teaspoonful of salt, a saltspoonful of pepper and a teaspoonful of kitchen bouquet. Beat an egg without separating until light; add half a cupful of grated bread; add this to the boiling brown soup. Stir and boil for a moment, and serve.

CELERY BISQUE

Chop fine sufficient celery tops to make half a pint; put them in a saucepan with a pint of water and simmer slowly for fifteen minutes; drain, press perfectly dry. Put this water in a double boiler; add a pint of milk, two level tablespoonfuls of butter rubbed with two of flour; stir until thick and smooth, and add twenty-five oysters that have been drained and washed. Cook until the gills curl, and serve at once.

MOCK OYSTER SOUP

Wash a quarter of a pound of salt codfish; simmer gently for thirty minutes with a quart

of water; and six roots of salsify that have been scraped and cut into slices. Remove the codfish; add a pint of milk, a level teaspoonful of salt, a saltspoonful of pepper and two level tablespoonfuls of butter rubbed with three of flour. Stir the mixture until it reaches the boiling point, and serve with oyster crackers.

CREAM OF CORN SOUP

Put a can of corn, a tablespoonful of grated onion, a bay leaf, a level teaspoonful of salt, a quart of milk and a saltspoonful of pepper in a double boiler. Rub together two tablespoonfuls of butter and three of flour; add to the hot mixture, stir constantly until the water boils in the outside boiler; press through a colander, reheat, and serve with croûtons.

VEGETABLE PUREE

Put two ounces of suet or olive oil in a saucepan. When hot add two tablespoonfuls of chopped carrots, a chopped turnip, half a pint of celery chopped in blocks, one good-sized onion, and half a teaspoonful of red pepper; stir over the fire until the vegetables are slightly browned; add a quarter of a cupful of rice and two quarts of cold water; bring slowly to boiling point and simmer gently for one hour. Press through a colander. Moisten three tablespoonfuls of cornstarch

in half a pint of milk; add this to the mixture; bring to boiling point; add a teaspoonful of salt and a saltspoonful of pepper; take from the fire, stir in a level tablespoonful of butter, and serve with croûtons.

EAST INDIAN CURRY SOUP

Put a rounding tablespoonful of butter in a saucepan; add a good-sized onion sliced, and cook slowly, without browning the butter; add a large sour apple pared, cored and sliced, a teaspoonful of thyme, a teaspoonful of curry powder, a sprig of parsley, a level teaspoonful of salt and a tablespoonful of lemon juice. Stir; add a quart of good chicken stock and two tablespoonfuls of rice. Cover and simmer gently for fifteen minutes, and then send to the table without straining.

EGG SOUP

Put four tablespoonfuls of washed rice in a quart of good stock and simmer gently for twenty minutes. Press through a sieve, return to the kettle; add a saltspoonful of pepper and half a teaspoonful of salt. Beat the yolks of two eggs; add a little of the hot soup, and then turn the mixture into the kettle. Stir for a moment, do not boil, take from the fire, and serve with large squares of toasted bread.

RABBIT SOUP

It is a well-known fact that clear soup made from rabbit or Belgian hare, especially the latter, has a greater amount of nourishment than clear soup made from beef and mutton.

Skin, clean and singe a good-sized hare; cut off the hindlegs and shoulders, divide the remaining part into three pieces. Put two tablespoonfuls of olive oil in a saucepan; add an onion sliced. Cook slowly without browning. Cut the rabbit into pieces; roll each piece in flour, drop the pieces in the oil, shake until a golden brown, being careful not to brown the oil. Add a bay leaf, a saltspoonful of celery seed, and two quarts of boiling water; bring to boiling point and skim; cover and simmer gently for an hour and a half; add a level teaspoonful of salt and a saltspoonful of pepper. Take up the hare, remove the meat from the bones, cut it in blocks. Strain the soup, return it to the kettle; add the meat, a teaspoonful of kitchen bouquet and a teaspoonful of mushroom ketchup. Put into a tureen two hard-boiled eggs, and half a lemon cut in thin slices; pour the soup over this, and serve at once with crescent-shaped croûtons.

FIFTEEN-MINUTE SOUP

Put a quart can of tomatoes, a slice of onion, a level teaspoonful of salt, a bay leaf, a blade of

mace and a pint of water or stock in a saucepan; bring to boiling point, and add two level tablespoonfuls of butter rubbed with four tablespoonfuls of flour; stir constantly until boiling; press through a sieve, reheat, and serve with croûtons.

LENTIL SOUP

Lentil soup has meat value. Wash the lentils, cover them with cold water, and soak over night; in the morning, drain. Add a quart of stock, a pint of water, a bay leaf, a sprig of thyme, a saltspoonful of pepper, a level teaspoonful of salt, and simmer for about two hours, until the lentils are tender. Press through a colander, then through a sieve, and return the purée to the kettle. Rub a tablespoonful of butter and one of flour together, add them to the soup, and stir until boiling. Add a small onion grated, bring to boiling point, and turn at once into the soup-tureen. Sprinkle over the soup a tablespoonful of chopped parsley, and serve with croûtons.

To give variety moisten a tablespoonful of flour gradually in a half a cupful of milk, and add it to the soup intead of the butter.

GERMAN BROWN BROTH

Scrape and cut into dice two carrots; pare and cut into the same shape one potato; slice an onion. Put four tablespoonfuls of olive oil in a

saucepan; add the vegetables and shake until they are a golden brown. Take them out with a skimmer and put them in a kettle; add one quart of boiling water, a bay leaf, a teaspoonful of salt and a saltspoonful of pepper. Simmer gently for twenty minutes. Press through a purée-sieve; return to the kettle, and add a teaspoonful of kitchen bouquet. Pour into a hot tureen, and serve at once with a dozen cheese balls.

BISQUE OF RICE

Wash half a cupful of rice, throw it into a quart of boiling water and boil rapidly for ten minutes; drain. Put it in a double boiler with one quart of milk, half a cupful of finely chopped celery and a bay leaf; cover and cook slowly for thirty minutes. While this is cooking cut a good-sized onion into slices, put it with two tablespoonfuls of olive oil or butter in a shallow frying-pan; cook slowly until the onion is tender, but not brown; add this to the mixture in the farina-boiler; press the whole through a colander, return to the double boiler; add hastily a tablespoonful of butter; press through a fine sieve, and serve.

CREAM OF SPINACH

Cut the leaves from two quarts of spinach, wash them thoroughly and throw them in a per-

fectly dry soup-kettle; stand the kettle over the fire and stir constantly for fifteen minutes until the spinach is wilted and cooked. Drain, saving the water. Chop the spinach very fine, then press it through a purée-sieve; add it to the water and a small onion grated; put this with a quart of milk in a double boiler. Rub a rounding tablespoonful of butter and two of flour together, add them to the milk, stir until smooth; add a level teaspoonful of salt, a saltspoonful of pepper, and if you have it, half a teaspoonful of beef extract that has been dissolved in a little of the soup. Strain at once into a tureen, and serve with croûtons or breadsticks.

PUREE OF CHESTNUTS

Shell and blanch a pint of chestnuts; cover them with a quart of boiling water; add a slice of onion, a little chopped celery, a bay leaf and half a teaspoonful of paprika. Boil gently for thirty minutes. Press through a colander, add a pint of chicken stock and a pint of milk. Allow this to come slowly to the boiling point. Rub together two rounding tablespoonfuls of butter and one of flour; stir this into the soup carefully until you have a perfectly smooth mixture. Add a level teaspoonful of salt. Strain through a fine sieve, reheat, and serve with croûtons.

PEANUT SOUP

Put a quart of milk in a double boiler; add half a pint of peanut butter, a small onion grated, half a cupful of finely chopped celery and a dash of white pepper; cover and cook slowly for twenty minutes. Moisten a level tablespoonful of cornstarch in a little cold milk; add to the hot soup, stir until smooth and thick. Strain into a hot tureen, add a teaspoonful of paprika, and serve.

MY BEST TWENTY RECIPES FOR FISH

Select perfectly fresh fish, with firm flesh, bright eyes and gills, and those in full season. Results are always more satisfactory where one kind of fish is not substituted for another in a given recipe. For instance, do not use canned salmon if fresh salmon is called for in the recipe, and expect good results. Nor should haddock be substituted for rock; the flesh is very different both in texture and flavor. Serve potatoes with fish and, when in season, cucumbers, or lettuce with French dressing.

SALT MACKEREL

Wash the fish, soak it overnight skin side up. Next morning dry, put it in a wire broiler, and broil, flesh side down, until a golden brown. Turn and broil the skin side quickly. Put on a heated platter, spread with butter that has been rubbed with an equal quantity of lemon juice, and serve.

CREAMED CODFISH

Pick apart half a pound of salt codfish, wash it thoroughly in two waters, soak it overnight in

cold water. Next morning drain, cover with boiling water, and cook below the boiling point for five minutes. Drain and press. Rub one tablespoonful of butter and one of flour together, add half a pint of milk, stir until boiling; add a dash of pepper and the codfish; cover and stand over hot water for ten minutes. Add the beaten yolk of an egg, a quarter of a teaspoonful of pepper, and serve with plain boiled potatoes.

PLANKED FISH

A fish plank should be made of hardwood, sixteen inches long and twelve inches wide. Heat it very hot, place the fish skin side down, dust with salt and pepper, baste with melted butter, and put it in the under oven of the gas stove, or before a wood fire, or on the shelf in a coal oven. Cook quickly for fifteen minutes; baste again, decorate with potatoes à la Duchess, pressed through a star tube; put it back in the oven and cook until the potatoes are brown. Garnish with parsley and lemon and send to the table.

DEVILED OYSTERS

Wash and drain fifty oysters; shake them over the fire until the gills are curled. Drain, saving the liquor. Chop the oysters fine. Rub together one tablespoonful of butter and one of flour; add the oyster liquor and sufficient milk to

make half a pint; stir until boiling. Add the oysters, the yolks of two eggs slightly beaten, a level teaspoonful of salt, a dash of red pepper, a teaspoonful of lemon juice, and a tablespoonful of chopped celery. Turn this in a baking-dish or into individual dishes or shells, cover thickly with soft breadcrumbs and bake in a quick oven until browned.

FILLETS OF FISH

Clean a good-sized rock, wash and dry. Hold the flesh firm and with a sharp knife cut it from the bone from tail to head. Turn the fish on the other side and do the same, pressing the flesh firmly with your hand. Cut the flesh in strips about an inch wide; roll each, fasten with a wooden skewer, dust with salt and pepper. Cook for three minutes in deep, hot fat, drain on brown paper, arrange neatly on a napkin, garnish with parsley and lemon and send to the table.

SALT CODFISH WITH MACARONI

Break two ounces of macaroni in two-inch lengths; throw them into boiling water and boil rapidly for thirty minutes; drain. Blanch for fifteen minutes in cold water; then cut in pieces half an inch long. Wash half a pound of boneless salt cod; cut it in dice, cover with cold water. Bring just to boiling point, but do not allow it to

boil; drain, cover again with boiling water and let it stand for five minutes, then drain. Rub together one rounding tablespoonful of butter with one of flour; add half a pint of strained tomato, a tablespoonful of grated onion, half a teaspoonful of salt and a saltspoonful of white or black pepper. Stir until boiling. Add the macaroni and fish, stand over hot water for five minutes and serve in a heated dish.

FRICASSEE OF OYSTERS

Drain and wash fifty oysters; cook until the gills curl; drain, saving the liquor. Add to it sufficient milk to make a pint. Put two rounding tablespoonfuls of butter and two of flour in a saucepan, mix; add the liquor and milk, and stir until boiling. Add a rounding teaspoonful of salt, a dash of cayenne, and the oysters. Heat over hot water. Beat the yolks of two eggs with four tablespoonfuls of cream, stir them quickly in the oysters; take from the fire, and serve on toast, or in a round dish garnished with triangular pieces of toast; sprinkle finely-chopped parsley over the top.

TO FRY SMELTS

Wash the smelts, make a slight opening at the gills with a very sharp knife or scissors; draw

them between the thumb and finger, from tail to head; press the intestines out at the gill opening, keeping the fish whole. Wash and dry and dust with salt and black pepper. Beat an egg until the white and yolk are thoroughly mixed; add a tablespoonful of water and mix again. Dip the fish in the egg and cover them thoroughly with seasoned breadcrumbs and fry quickly in deep, hot fat. Drain on brown paper; dish on a napkin and serve with Tartar sauce.

FISH CHOWDER

Wash and cut in squares one pound of any white fish; pare, cut in dice three medium-sized potatoes; chop fine one large onion; put in the bottom of a kettle a layer of the potatoes; then a layer of fish, then tomatoes; add a tablespoonful of onion, half a teaspoonful of powdered thyme, a saltspoonful of salt, a dash of pepper, half a teaspoonful of celery seed, and so continue until the materials are all used. Have the last layer potatoes. Pour over a pint of boiling water, cover the kettle and cook over a moderate fire, without stirring, for twenty minutes. Meantime heat a pint of milk in a double boiler; take the chowder from the fire, and cover the top with crushed water-crackers. Pour over the milk, add a tablespoonful of butter cut in bits, and serve.

CODFISH BALLS AND CODFISH SOUFFLE

Pick apart half a pound of salt cod, cover with cold water, bring to boiling point and drain. Cover it again with boiling water and let stand for five minutes; drain and press; add a pint of hot mashed potatoes, a rounding tablespoonful of butter, a saltspoonful of pepper and the yolks of two eggs; mix thoroughly; form in balls, dip in beaten egg, roll in breadcrumbs and fry in deep, hot fat. Serve plain or with tomato sauce.

Persons who do not eat fried foods may change the recipe into codfish soufflé by adding the well-beaten whites of the eggs and baking the mixture until a golden brown.

JERUSALEM FISHBALLS

Carefully remove the skin and then pick the flesh from a good-sized rock or haddock. Wash the skin, the head and the other rough pieces; put them in a saucepan; add a quart of water, a bay leaf, a slice of onion, a blade of mace, four cloves and two cloves of garlic, mashed; cover and simmer for one hour. While this is cooking chop the flesh of the fish very fine, adding about twelve blanched and dried almonds, a level teaspoonful of salt, a tablespoonful of grated onion, a saltspoonful of black pepper. Mix thoroughly, form in balls the size of an English walnut, and drop

them in the pot with the fish that is cooking; cover and cook for thirty minutes. Lift the balls with a skimmer and stand them at once in a very cold place. Strain the stock. Beat six eggs until thoroughly mixed, add to them gradually the boiling stock, which should now measure three-quarters of a pint; stand the mixture over hot water, stir constantly until thick and jelly-like, take from the fire and press through a fine sieve. Add gradually the juice of three lemons, or half lemon juice and half tarragon vinegar. When ready to serve roll each ball in the dressing; form them in a pyramid on a square dish or plate, put over the remaining quantity of dressing, garnish with parsley and serve.

FISH TIMBALE

Remove the skin and bone from half a pound of halibut or other white fish. Put it twice through a meat-chopper. Add a pint of soft breadcrumbs to a gill of milk; cook to a smooth paste and add it gradually to the fish; add six tablespoonfuls of cream, a level teaspoonful of salt and a saltspoonful of white pepper. Press this mixture through a sieve and then stir in carefully the well-beaten whites of five eggs. Grease a large mould. Garnish the bottom with chopped parsley or chopped truffles or mushrooms, or nicely cooked green peas; fill the mixture in the

mould and stand it in a baking-pan half filled with water; cover with oiled paper and bake in a moderate oven for three-quarters of an hour. When done, turn out on the serving-dish. Pour around either cream, lobster or shrimp sauce.

HALIBUT A LA FLAMANDE

Purchase a small, very thick halibut steak. Wash it in cold water, dry, and dust it with salt and pepper. Cover the bottom of a baking-dish with two tablespoonfuls of chopped onion, two of chopped celery, and one tablespoonful of chopped parsley; put on top the halibut steak, brush with melted butter and bake in a quick oven for thirty minutes. When done lift carefully to a heated dish. Put two tablespoonfuls of butter in a pan, add two tablespoonfuls of flour, mix; add one pint of strained tomatoes; stir until boiling; add a level teaspoonful of salt, a saltspoonful of mace and one of black pepper. Strain this around the fish, garnish the top with carefully boiled potato balls, baste with melted butter, dust with finely-chopped parsley and send to the table.

OYSTER STEW

Drain, wash and drain again fifty good fat oysters; shake over the fire until the gills curl. Heat a quart of milk in a double boiler, add it hastily to the oysters; take from the fire; add a

rounding teaspoonful of salt, twelve whole peppercorns, crushed, two level tablespoonfuls of butter, and, if you like, a dash of cayenne. Serve with oyster-crackers. If thickening is liked rub a tablespoonful of butter with one of flour and add to the milk before adding it to the oysters.

FISH, HAWAIIAN STYLE

Clean, wash and dry a three-pound haddock, and dust it with salt and pepper. Put four tablespoonfuls of olive oil or butter in a shallow baking-pan. When hot drop in the fish; brown on both sides, then place it in a hot oven and cook slowly for thirty minutes, turning once. While this is cooking put two good-sized potatoes that have been peeled, half a can of tomatoes, a large onion grated, a clove of garlic mashed, a saltspoonful of ground cloves, and a bay leaf in a saucepan; cook for five minutes and press through a sieve. Add a level teaspoonful of salt, a dash of cayenne, one sweet chilli chopped fine, and a rounding tablespoonful of butter. Place the fish on a heated dish, pour over this mixture, and send to the table with a plate of plain boiled potatoes.

OYSTER GUMBO

Singe, clean and cut as for a fricassée one fowl; put it in a baking-pan; add one onion sliced,

half a pint of water, and bake until tender. Wash and cut in thin slices a quart of young okra; put it in a saucepan; add a pint of water and cook slowly for half an hour. Lift the chicken to a soup kettle; add a quart of chicken stock or boiling water, and simmer gently for twenty minutes. Add a rounding teaspoonful of salt, a level saltspoonful of cayenne, and, if you have it, a teaspoonful of paprika. Add the okra and fifty oysters; cover the saucepan, cook for five minutes and send at once to the table.

BAKED BLUEFISH

Take the intestines out at the gill opening, wash and dry the fish. Mix half a pint of breadcrumbs with two tablespoonfuls of melted butter; add half a teaspoonful of salt, a saltspoonful of black pepper, and stuff the fish. Then put it in a baking-pan, baste with melted butter, and add half a cupful of boiling water. Dust the fish thickly with flour and bake in a quick oven for three-quarters of an hour, basting several times. Serve with tomato sauce and potato balls.

POTATO AND FISH TIMBALE

Cut large potatoes into halves lengthwise. Scoop out the centres, leaving a wall a quarter of an inch in thickness. Stand the potatoes in a baking-pan, baste the sides with melted butter,

and bake for twenty minutes. Pick apart a pound of cold cooked fresh codfish. Dust it with a level teaspoonful of salt and a saltspoonful of white pepper. Pour over a tablespoonful of carefully melted butter and a few drops of onion juice. Mix lightly with a fork. Fill this in the potatoes, dust the tops with breadcrumbs, place in the centre of each a bit of butter, and bake in a quick oven for twenty minutes. Serve cream sauce.

FISH A LA CREME

Pick apart sufficient cold boiled fish to make a pint. Rub together a rounding tablespoonful of butter and one of flour; add half a pint of milk, stir until boiling; take from the fire, add the flaked fish, a teaspoonful of salt and a saltspoonful of pepper; toss gently without breaking the fish and stand it over hot water until thoroughly heated. Serve in paté shells or bread boxes.

MY BEST TWENTY WAYS OF COOKING MEAT

CREAMED CHIPPED BEEF

Chip a pound of dried beef very thin and pull it apart in small pieces. If it is very salt soak it in boiling water for fifteen minutes. Put two tablespoonfuls of butter in a frying-pan; add the beef and stir over the fire until thoroughly heated; then sprinkle over it two rounding tablespoonfuls of flour; mix and cook. Add half a pint of stock and half a pint of milk. Stir until boiling. Add a teaspoonful of kitchen bouquet and a dash of pepper. Take from the fire and add the yolk of an egg beaten with four tablespoonfuls of cream. Heat quickly and serve in a deep dish garnished with toast.

BEEF OLIVES

Cut a very thin slice of round of beef in strips four inches long and two inches wide. Mix half a cupful of soft breadcrumbs, a teaspoonful of salt, a tablespoonful of chopped parsley, a dash of pepper and a tablespoonful of melted butter. Put a thin layer of this over each

little piece of beef; roll and tie tightly. Heat four ounces of suet in a frying-pan; dust the rolls with flour, and brown them in the pan; then put them in a stewing-pan. Add two tablespoonfuls of flour to the fat in the frying-pan; mix; add a pint of stock or water; when boiling add a teaspoonful of kitchen bouquet, a level teaspoonful of salt, and strain it over the rolls. Cover and stew gently for an hour and a half. Wash and soak in boiling water a dozen stoned olives. Cut a piece of stale bread in a four-inch cube; dip it in milk or beaten egg, and plunge it in deep, hot fat, or you may toast it in the oven. Stand this in the middle of the platter. After removing the strings heap the beef "olives" around the croûton and strain the sauce over them. Arrange the "olives" in little piles at the ends of the dish.

MOCK FILLET

Remove the muscle from a good-sized flank steak and trim it in shape. Cover it with chopped parsley, then with chopped onion, and dust it lightly with pepper. Roll the steak lengthwise, tie it in three places, giving it the shape of a fillet. Put it in a pan with a cupful of chopped celery and onion mixed, a bay leaf and half a pint of stock or water, and a teaspoonful of salt. Bake for one hour in a quick oven, basting frequently.

When done dish and remove the strings. Rub together in the pan two tablespoonfuls of butter and two of flour; add half a pint of strained tomatoes and a half a pint of stock, and stir constantly until smooth. Add a teaspoonful of Worcestershire sauce, half a teaspoonful of salt, and strain it over the "fillet." Serve with potato croquettes and spinach.

BRAIZED CALF'S LIVER

Wash and scald a small calf's liver. Place it in a baking-pan, the bottom of which is well covered with chopped carrot, onion and half a cupful of chopped celery tops; add a quart of stock, a teaspoonful of salt and a saltspoonful of pepper. Cover the pan and bake the liver in a moderate oven for two hours, basting once or twice. While the liver is baking cook in a separate pan two carrots cut in blocks; heat a can of tender peas, and boil carefully a pint of tender celery. Dish the liver, drain the water from the vegetables to the pan in which the liver was cooked; boil rapidly for ten minutes while you rub together two tablespoonfuls of butter and two of flour; add a pint of water from the pan, stir until boiling, and then add a teaspoonful of kitchen bouquet, a level teaspoonful of salt and a saltspoonful of pepper. Put piles of the mixed

vegetables at the ends of the platter, strain over the sauce and garnish the dish with triangular pieces of toast. Serve with macaroni or spaghetti à la Italienne.

BEEF CHILLI CON-CANE

Put six large sweet chillies in the oven until the skin cracks; peel them, remove the seeds and chop the flesh very fine. Cut one pound of beef from the round in cubes of half an inch. Put them in an iron saucepan; add two tablespoonfuls of olive oil, cover the saucepan and stew in the oil for at least an hour. Then add the chilli, half a pint of thick, strained tomatoes, one large onion chopped fine, two cloves of garlic mashed, and a level teaspoonful of salt; cover and stew gently for another hour. Serve with rice.

MASKED CHOPS

Have mutton chops neatly "Frenched;" broil them for five minutes over a bright fire. Have ready four potatoes, boiled, mashed and nicely seasoned; heap them neatly on one side of the chops. Dip them in egg, then in breadcrumbs, and fry for about two minutes in deep, hot fat. Arrange the chops on the platter, surround them with nicely cooked and seasoned peas, and trim the bones with paper quills.

CHOPPED STEAK

Put two pounds of lean beef through a meat-chopper; add two level teaspoonfuls of salt and a saltspoonful of pepper; mix thoroughly and form into one large steak. Broil slowly over a clear fire or in a hot pan; cook on one side, then turn and cook on the other for about ten minutes. Dish on a heated plate, and put over it a tablespoonful of butter and a tablespoonful of chopped parsley, or serve with tomato or mushroom sauce.

WAVERLY COLLARED BEEF

Corn a six-pound piece of brisket by covering it with brine, sufficiently strong to float an egg, for four or five days. Turn the meat every other day. When ready to cook grate two large carrots, a stick of horseradish, and mix them with half a pint of finely chopped parsley. Spread a layer of this on the corned beef, keeping it well to the middle; roll very tightly, fasten with skewers and bind with strong twine. Roll in cheesecloth, place in a kettle, cover with cold water, bring slowly to a boil and simmer at 180° Fahrenheit for four hours. Remove the cheesecloth, put the meat on a tray, place a heavy weight on top and leave it overnight. Next morning cut the strings and remove skewers. In serving cut in very thin slices.

BAKED SWEETBREADS

After washing the sweetbreads and removing the "tubes" put them in boiling water; add a teaspoonful of vinegar, a teaspoonful of salt, a bay leaf, a slice of onion, and cook gently for three-quarters of an hour. Drain and save the liquor for stock. When the sweetbreads are cool remove the membrane and place them in a baking-pan with half a cupful of chopped celery and half a pint of the boiling stock. Bake in a very quick oven, about 400° Fahrenheit, for three-quarters of an hour, basting frequently. If you have glaze put a little over each sweetbread and put them back in the oven for five minutes to "fix" it. Cover the bottom of the serving-dish with a pint of nicely seasoned green peas. Dish the sweetbreads in the peas.

CREAMED SWEETBREADS

Boil the sweetbreads according to the above recipe. When cold pick them apart, rejecting the membrane. Drain, wash and chop fine a can of mushrooms and add them to the sweetbreads. Rub together two tablespoonfuls of butter and two of flour; add a pint of milk, and stir until boiling. Then add a level teaspoonful of salt, a saltspoonful of white pepper, and the sweetbreads and mushrooms. Cover and stand over

hot water for twenty minutes. Serve in a border of rice.

CROWN ROAST

Trim the bones of a rack of mutton the same as for "Frenched" chops; cut through almost to the skin and fold around, skin side in, making a crown of the upper part; fastening it in shape with twine and skewers. Bake in a quick oven for three-quarters of an hour, basting frequently. While it is baking, boil and mash six potatoes and heat a can of peas. When the roast is done remove the fastenings and dish it. Put the mashed potatoes in the centre, using a pastry-bag with a star tube for garnishing the top, and put the peas around the outside of the dish.

FRENCH CHOPS WITH MUSHROOMS

Remove the lean portion from twelve mutton chops. Wash and cut in thin slices one pound of fresh mushrooms and put them in a kettle with a tablespoonful of butter, a level teaspoonful of salt and a saltspoonful of pepper; cover and cook slowly for twenty minutes. Moisten a tablespoonful of flour with a little milk, add it to the mushrooms, stir quickly until boiling, and then stand it over hot water for ten minutes while you broil the chops. Have ready toasted a round of bread for each chop; arrange on a heated platter. Place

the chops on the toast, dust them with salt and pepper, pour the mushroom sauce over and send them to the table.

STEAK A LA BORDELAISE

Trim a large inch-and-a-half-thick porterhouse steak. Rub together a tablespoonful of butter and one of flour, add a pint of good strong stock, a tablespoonful of chopped onion, a bay leaf, a saltspoonful of celery seed, a level teaspoonful of salt and a saltspoonful of pepper. Bring to the boil and simmer gently for thirty minutes. Bake ten large mushrooms for ten minutes, add them to the sauce, and cover and stand it over hot water while you broil the steak quickly on each side until it is seared, then slowly for twenty minutes. Dish it on a hot platter, dust with salt and pepper. Add a tablespoonful of butter to the sauce, lift the mushrooms, place them over the top of the steak and pour the sauce over all.

EGYPTIAN CANNELON

Chop fine two pounds of beef from the round; add and mix two level teaspoonfuls of salt, a saltspoonful of pepper, half a pint of chopped almonds or pine nuts, a tablespoonful of chopped parsley and two tablespoonfuls of

grated onion. Form in a compact roll, wrap in a piece of oiled paper, place in a baking-pan, add a cupful of stock and a tablespoonful of butter. Bake and baste, over the paper, for three-quarters of an hour. Remove the paper and lift the cannelon to the centre of a platter. Rub together two tablespoonfuls of butter and two of flour in the pan, add a pint of stock, stir until boiling; add a level teaspoonful of salt, and if you have it, two tablespoonfuls of tomato ketchup. Strain this over the roll and garnish with toast.

FRICEO

Cut one pound of the round of beef in cubes of one inch; flatten them with a hard blow from a potato-masher. Pare and slice three good-sized potatoes and four onions. Put a layer of potatoes in the bottom of a baking-dish, then a layer of meat and onions; dust lightly with salt and pepper. Put in another layer of potatoes, meat, onion, salt and pepper. Peel and cut in halves four good-sized tomatoes, chopping fine, put them over the top of the dish and add a tablespoonful of butter cut in pieces. Pour over a half cupful of thick, sour cream. Cover, stand in a pan of boiling water and cook in a slow oven for two hours and a half.

FRICANDEAU OF VEAL

Select a thick slice from a leg of veal weighing from four to six pounds. Cover the bottom of a baking-pan with chopped carrot, onion and celery; add two bay leaves. Bind the veal with a strip of muslin and place it on top of the chopped vegetables, adding a teaspoonful of salt and a pint of boiling stock. Cover the pan and bake the veal in a moderate oven, about 300° Fahrenheit, for four hours, basting once or twice. Dish the veal and garnish it with nicely cooked red beans. Rub together in the pan two tablespoonfuls of butter and two of flour; add half a pint of stock; stir until boiling. Add a teaspoonful of kitchen bouquet, half a teaspoonful of salt, half a teaspoonful of Worcestershire sauce and strain it over the meat.

MUTTON BALLS

Remove the meat from a shoulder of mutton, put it twice through a meat-chopper; add and mix two teaspoonfuls of salt, a saltspoonful of pepper and two tablespoonfuls of chopped onion. Form in balls about twice the size of English walnuts. Place them in a baking-pan; pour in a pint of strained stewed tomatoes, add a bay leaf, and on each ball place a piece of butter the size of a pea. Bake in a quick oven for half an hour, basting four times. When done, dish the balls.

Add to the sauce a tablespoonful of butter, and, if too thick, four tablespoonfuls of stock. Strain over the balls and garnish with rice.

BLANQUETTE OF MUTTON

Cut the meat from a shoulder of mutton in cubes half an inch in size. Put the bones in the bottom of a kettle, add a quart and a half of cold water; bring to boiling point, skim and add the meat. Cover, bring to a boil and simmer for an hour and a half. Rub together two tablespoonfuls of butter and two of flour; add them to the liquor in which the meat was cooked; stir until boiling, then add a level teaspoonful of salt and a saltspoonful of pepper. Take from the fire, and add the yolks of two eggs beaten with four tablespoonfuls of cream. Reheat but do not boil. Serve this in a border of boiled rice or potato.

MOCK DUCK

Remove the large bone from a shoulder of mutton, fill the space with toasted pine nuts or seasoned breadcrumbs and tie it in the shape of a duck. Make the leg and knuckle bone form the neck and bill, and fasten in the blade to represent the tail. Cover with oiled paper, brown in a quick oven for fifteen minutes, and then bake at a moderate temperature for one hour. Dish on a bed

of cress. Serve with brown sauce and sweet potato croquettes or with rice.

STUFFED BREAST OF MUTTON

Make small pockets in a breast of mutton and fill them with chopped celery; place it in a baking-pan, dust with a teaspoonful of salt and a saltspoonful of pepper. Add a cupful of water and bake in a quick oven for twenty minutes, then more slowly for one hour. Serve with brown sauce.

MY BEST TWENTY SAUCES

The pleasures of the table are greatly increased by a variety of carefully made sauces; and homely dishes are made sightly by their use. While many sauces may seem elaborate and mysterious to the uninitiated they are all quite simple when once understood. They may be, however, divided into two classes—the simple, every-day ones, as brown sauce, cream or white sauce, English drawn butter, sauce Béchamel with a host of others; and the more elaborate sauces, such as mayonnaise, Bearnaise, sauce tartar, and those savory dish sauces which heighten the flavor of fish, flesh and game. These elaborate sauces are not in the least complicated, but require materials and seasonings not usually found in the every-day American kitchen, and, moreover, require the delicate taste and trained hand of an intelligent cook.

The chief causes of failure in even the more simple sauces are the use of inferior materials, and the lack of constant stirring and careful attention while the sauce is heating. Lard or suet cannot be substituted for good, sweet butter; corn-

starch or coarse flour will not take the place of fine flour. Ingredients must be carefully measured.

SAUCES ONE OF THE FINE ARTS OF COOKERY

An untrained cook with an untrained palate cannot make a perfect sauce. Sauces and soups are the fine arts of cookery, and the person who undertakes them must understand tastes and flavors, as well as chemistry. Cold butter put into a hot saucepan spoils the sauce; saucepan and butter must heat slowly together, and the butter must not be left to boil, or both flavor and digestibility are spoiled. An iron saucepan will not produce a delicate sauce. Keep a dainty white granite pan especially for sauces.

Each sauce should be fitted or adapted to the vegetable or meat or fish with which it is to be served. Fish requires a slightly acid sauce; for it either lemon juice or vinegar may be used. Roots used as vegetables, such as turnips, carrots, etc., not containing much nourishment, may be covered with a cream or an egg sauce. Asparagus, summer squash, cooked radishes, artichokes are better with sauce Hollandaise.

One rounding or two level tablespoonfuls of butter and one rounding or two level tablespoonfuls of flour will thicken half a pint of liquid. The rounding measurements are used in the reci-

pes. Seasonings must be added to harmonize with the articles with which the sauce is to be served.

Blend the fat and flour, and add the liquid cold, if possible. Stir constantly until the mixture boils. This method insures a smooth sauce, prevents the boiling of the butter and more thoroughly cooks the starch. Eggs must be added after the sauce is taken from the fire; then cook slightly over hot water. Add salt and pepper at last.

FOR FISH, MEAT AND POULTRY

WHITE, MILK OR CREAM SAUCE

Rub together a tablespoonful of butter and one of flour; add half a pint of cold milk, stir until boiling; take from the fire, add half a teaspoonful of salt and a saltspoonful of white pepper. Serve with boiled mutton, potatoes, white meats or green vegetables.

ENGLISH DRAWN BUTTER

Rub together a tablespoonful of butter and one of flour. Add slowly half a pint of boiling water, beating all the while. Boil for a moment, take from the fire; add half a teaspoonful of salt, a saltspoonful of pepper, and then stir in another tablespoonful of butter.

Serve with summer squash, stewed cucumbers or other green vegetables.

By adding the juice of half a lemon this sauce will answer nicely for fish.

CHILLI SAUCE

Peel, cut in halves and press out the seeds from six good-sized tomatoes; chop the flesh very fine and drain the pulp in a sieve until dry. Add a saltspoonful of celery seed, a tablespoonful of grated onion, two tablespoonfuls of tarragon vinegar, half a teaspoonful of salt and a drop of Tabasco. Rub the mixing-spoon with a clove of garlic. Stir the mixture for a moment and serve with boiled or broiled lobster, or with cold meats.

If fresh, sweet, red chillies are at hand put one in the oven until the skin cracks, peel it off, remove the seeds, chop the flesh fine and use it in the place of Tabasco.

SAUCE HOLLANDAISE

Heat in a saucepan a slice of onion, a bay leaf, a little chopped celery or a saltspoonful of celery seed, a clove of garlic mashed, and four tablespoonfuls of tarragon vinegar. When reduced one-half strain and cool. Rub together one tablespoonful of butter and one of flour; add half a pint of boiling water and stir until boiling. Take from the fire; add the yolks of two eggs beaten; reheat; add a tablespoonful of butter cut in blocks, half a teaspoonful of salt, a dash of

pepper and the vinegar. Press through a fine sieve.

This is one of the best of the fish sauces.

A plain sauce Hollandaise may be made by adding the yolks of two eggs slightly beaten and two tablespoonfuls of tarragon vinegar to English drawn butter.

SAUCE BEARNAISE

Beat the yolks of four eggs; add four tablespoonfuls of olive oil and four of stock; stir and cook over hot water until jelly-like. Be careful or it will curdle. Take from the fire; add half a teaspoonful of salt, a saltspoonful of pepper and the scented vinegar made according to the recipe for sauce Hollandaise. This sauce is served cold, as an accompaniment to broiled steak, or fish, either broiled or planked.

MAYONNAISE SAUCE

Put the yolks of two eggs in a cold soup-dish or bowl; beat lightly, add a saltspoonful of salt, and slowly, drop by drop, six tablespoonfuls of olive oil; add a few drops of lemon juice and it is ready for use.

Where a large quantity of dressing is needed add more oil. Two eggs will hold a pint of oil, providing you add a little vinegar now and then.

SAUCE TARTAR

Chop a tablespoonful of parsley very fine and rub it to a paste. Add it to a mayonnaise sauce; mix and add a tablespoonful of chopped capers, two or three olives chopped very fine, a small gherkin or a tablespoonful of any chopped pickle, and a teaspoonful of onion juice.

This sauce may be served with lobster cutlets, broiled or fried fish, deviled crabs or broiled tenderloin.

CREAM OF HORSERADISH SAUCE

Add to six tablespoonfuls of grated horseradish, the yolk of one egg and half a teaspoonful of salt; mix thoroughly; add a tablespoonful of good vinegar and then fold in carefully a quarter of a cupful of cream whipped to a stiff froth. If the horseradish is already in vinegar omit the tablespoonful of vinegar and press the horseradish until dry.

This is one of the nicest of sauces to serve with cold roasted beef or mutton, or with hot or cold corned beef.

SAUCE VINEGARETTE

Add to four tablespoonfuls of good consommé half a teaspoonful of paprika, two tablespoonfuls of tarragon vinegar, half a teaspoon-

ful of salt, a teaspoonful of sugar, a tablespoonful of capers, a tablespoonful of grated or finely chopped onion and two tablespoonfuls of chopped gherkin.

Serve this sauce with boiled calf's head, pig's feet or plain boiled lobster.

CUCUMBER SAUCE FOR FISH

Pare and grate on a sieve four large crisp, fresh cucumbers; when the pulp is thoroughly drained turn it in a bowl; add a teaspoonful of pepper, one medium-sized onion grated, a level teaspoonful of salt and two tablespoonfuls of tarragon vinegar. Mix and stir in just at serving-time six tablespoonfuls of cream whipped to a stiff froth.

BREAD SAUCE FOR GAME

Cook half a pint of soft, stale breadcrumbs, a pint of milk, one good-sized onion chopped very fine, a saltspoonful of ground mace, a saltspoonful of paprika and a level teaspoonful of salt for five minutes in a double boiler, stirring constantly. The mixture must be perfectly smooth. Add a rounding tablespoonful of butter; stir until it is melted; add four tablespoonfuls of thick cream and use at once for game or roasted guinea fowl.

TOMATO SAUCE

Put half a can of tomatoes, a slice of onion, a bay leaf and a blade of mace over the fire and cook gently for ten minutes. Rub a tablespoonful of butter and one of flour together and add them to the stewed tomatoes. Stir and cook a moment longer; add half a teaspoonful of salt and a dash of pepper. Strain and use.

CREAM TOMATO SAUCE FOR FRIED CHICKEN

Strain sufficient stewed or canned tomatoes to make half a pint; add a slice of onion, a bay leaf and a blade of mace; cook gently until reduced one-half. Rub together a tablespoonful of butter and one of flour; add to the tomatoes; cook for a moment. Take from the fire and add half a cupful of very rich milk, half a teaspoonful of salt and a saltspoonful of pepper. Strain and serve.

CRANBERRY SAUCE

Wash and pick over a quart of cranberries; put them in a granite or porcelain saucepan with one pint of cold water; cover the saucepan, bring to boiling point and boil rapidly for five minutes. Press through a colander. Add one pint of sugar, stir until the sugar is dissolved and turn the sauce out to cool.

FRENCH TOMATO SAUCE

Rub together a tablespoonful of butter and one of flour; add half a pint of strained tomatoes; stir and cook five minutes; add a teaspoonful of salt, one of onion juice and half a teaspoonful of ground mace. Rub the mixing-spoon with a clove of garlic; stir and cook the sauce a moment longer; take from the fire, add five tablespoonfuls of thick cream. Strain through a very fine sieve, and serve with boiled or fried chicken, or chicken cutlets.

SAUCE BECHAMEL

Rub together a tablespoonful of butter and one of flour; fill the cup half full of milk and the remaining half with chicken stock; stir until boiling. Take from the fire; add half a teaspoonful of salt and a dash of pepper. Beat the yolks of two eggs with four tablespoonfuls of cream; stir them in the hot sauce; reheat; do not boil or the eggs will "curdle." Use at once.

This is one of the nicest sauces for chicken, sweetbreads or other white meats.

APPLE SAUCE

This sauce is used with roast duck, goose or pork.

Cut the apples in quarters, remove the cores but do not pare the apples; cut them into thin

slices; cover with boiling water, cover the saucepan and boil rapidly until the apples are tender but light in color. Press quickly through a colander; to each pint add two tablespoonfuls of sugar and stand aside to cool.

The colander should be rather coarse; apple sauce that is pressed through a sieve becomes discolored and heavy.

BENNET'S SAUCE FOR POULTRY

Wash a quart of cranberries, put them in a stewing-pan with one pound of tart apples cored, not pared, and cut in thin slices; add a pint of water; cover the saucepan, boil rapidly for ten minutes; press through a colander; add one pound of sugar; stir until the sugar is dissolved and boil for five minutes.

FOR PUDDINGS AND ICE CREAM

LIQUID PUDDING SAUCE

Mix a rounding tablespoonful of flour with half a cupful of sugar; add hastily half a pint of boiling water; boil for a moment and pour, while hot, into one egg well beaten. Flavoring of any kind may be added to this sauce—the grated rind and juice of one lemon or orange, or a suspicion of mace, with the juice of half a lemon and a teaspoonful of vanilla.

OUR COOKING SCHOOL SAUCE

Wash and beat to a cream half a pound of butter; add gradually one cupful of powdered sugar, and, one at a time, the yolks of three eggs. When very light add a gill of boiling water and stir over hot water until the mixture thickens; then take from the fire and add eight tablespoonfuls of orange juice or other flavoring. Or add nutmeg and a little lemon juice.

Use this sauce for plum or any rich boiled pudding.

NUN'S BUTTER

Wash, by pressing under water, a quarter of a pound of butter; beat to a cream, and add gradually half a pound of powdered sugar. When very light drop in the unbeaten white of one egg, beat for five minutes, add the second white and beat for five minutes again. Put the mixture in the serving-dish, dust it with grated nutmeg and stand on the ice.

Serve this sauce with dumplings or hot puddings.

CHOCOLATE SAUCE

This is usually served hot as a sauce for ice cream.

Put four ounces of grated chocolate, one cupful of sugar and half a cupful of milk over the fire; stir until the sugar is dissolved, and boil until

the mixture forms a soft ball when dropped into ice water.

This sauce should be served at once.

GOLDEN SAUCE

This sauce is also served with ice cream. Put a pint of cream in a double boiler; when hot add the yolks of three eggs thoroughly beaten with half a cupful of sugar; cook a moment; take from the fire and add a tablespoonful of gelatine that has been soaking for fifteen minutes in half a cupful of cold milk. Strain, and when cold add the flavoring, which may be the juice and grated rind of an orange, vanilla or any flavoring in common use.

MY BEST VEGETABLE RECIPES

Vegetables, as well as animal foods, contain nitrogenous substances. Fats are well represented, and while they resemble in chemical composition the animal fats, the fact remains that they produce less heat on combustion. They contain more olein and less of the solid components. To the vegetable kingdom we look for our carbohydrates, sugars and starches—both difficult materials to cook well. The remaining constituents, mineral salts, have great dietetic importance; they are easily dissolved and lost in cooking. Potash in green vegetables is more abundant than soda; rice, however, contains a liberal allowance of the latter. Use salt with green vegetables and potatoes, but not with rice. Vegetable foods are recommended to persons with gouty diathesis and those inclined to uric acid conditions or rheumatism. Vegetable proteids do not yield uric acid.

All vegetables should go over the fire in boiling water. Green vegetables must be cooked in salted water; underground vegetables and those containing starch in unsalted water. They must boil from the time they go over the fire until they are drained. All vegetables containing sulphur,

as cabbage, onions and turnips, must be cooked in uncovered saucepans, or they will give off unpleasant odors. Add butter or fat after they are taken from the fire. All starchy vegetables are rendered difficult of digestion when cooked in heated fat.

TO COOK RICE

Wash half a pound of rice through several cold waters; drain, and stand it aside for thirty minutes. Sprinkle it slowly in two quarts of rapidly boiling water; boil continuously for fifteen minutes; drain, pour over a cupful of cold water, toss it with a fork, and stand it in the oven for ten minutes to dry.

Serve in an uncovered dish.

MY FAVORITE SPAGHETTI

Grasp half a pound of spaghetti in your hand, put the ends down in a kettle of boiling water, and as they soften, slightly press until the whole is under the water. Shake it apart with a fork, add a teaspoonful of salt, and boil rapidly for twenty minutes. Drain, throw it in cold water for fifteen minutes, and drain again. Return it to the kettle, cover with a pint of good stock to which you have added a teaspoonful of beef extract. Cook slowly for twenty minutes; add a level teaspoonful of salt, two rounding tablespoonfuls of butter, and two tablespoonfuls of tomato

paste mixed with half a cupful of good cream. Stir constantly until it reaches the boiling point. Turn on a large platter, and pass with it grated parmesan.

SUMMER SQUASH

Cut the squash in eighths; take off the rind and cut each piece into cubes of about one inch. Throw them into boiling, salted water, and cook slowly for thirty minutes until transparent. Drain carefully in a colander, dish, and cover with cream or Hollandaise sauce.

STUFFED POTATOES

Wash four large potatoes and cut them into halves crosswise. With a "scoop" take out the centres, leaving a wall at least half an inch thick. Bake these shells in a hot oven for twenty minutes. Chop sufficient meat to make a pint; add a level teaspoonful of salt, a saltspoonful of pepper, a tablespoonful of grated onion, a tablespoonful of chopped parsley; add sufficient stock to make the mixture moist (about half a cupful). Remove the potatoes from the oven; fill the shells with this mixture, rounding it up; dust them lightly with breadcrumbs and bake until browned. Serve as a supper or luncheon dish.

Sweet potatoes may be used in place of white if preferred.

HASHED BROWN POTATOES

Hash sufficient cold boiled potatoes to make a pint; add a level teaspoonful of salt, a saltspoonful of pepper, and about four tablespoonfuls of cream. Put a tablespoonful of butter in a shallow frying-pan; when hot turn in the potatoes; pack them down smooth and even with a spatula; cook slowly until they are thoroughly browned on the bottom. Fold them over as you would an omelet, and turn them on a heated dish.

TOMATOES, FRENCH FASHION

Scald and peel small, solid tomatoes; to each six allow half a pint of cream sauce made by rubbing together a rounding tablespoonful of butter and one of flour; add half a pint of milk; stir until boiling. Take from the fire, add a level teaspoonful of salt and a saltspoonful of pepper. Put a tablespoonful of the sauce in the bottom of a custard-cup; then put in a tomato and cover with another tablespoonful of sauce; dust the top with breadcrumbs; stand the cups in a pan of boiling water, and bake in a moderate oven for half an hour. Serve in the cups.

STUFFED TOMATOES

Cut a slice from the stem ends of the tomatoes; scoop out the seeds and a portion of the hard centres. To each six good-sized tomatoes allow

a pint of breadcrumbs, a tablespoonful of chopped parsley, a tablespoonful of grated onion, a level teaspoonful of salt, a saltspoonful of pepper, and two tablespoonfuls of melted butter; mix, stuff this in the tomatoes, heaping it slightly. Stand them in a baking-pan, add half a cupful of water, and bake in a slow oven for three-quarters of an hour, basting once or twice with a little melted butter.

CORN PUDDING

Score down the centre of each row of grains of twelve ears of corn, and with a dull knife press out all the pulp. Separate four eggs, beat the yolks; add half a pint of milk; pour this slowly into half a pint of flour; when perfectly smooth strain the mixture into the corn; add a level teaspoonful of salt, a saltspoonful of pepper, and fold in carefully the well-beaten whites. Pour the mixture in a shallow, greased baking-pan, and bake in a moderate oven for thirty minutes. Serve at once.

This is a nice accompaniment to roasted beef.

STEWED TURNIPS

Pare and cut the turnips into dice. Put them in boiling, unsalted water, and cook below the boiling point, about 180° Fahrenheit, until transparent and white. New turnips require about

twenty minutes, old ones forty-five minutes. Drain, turn in a heated dish, and cover with cream sauce.

SPINACH

Wash the spinach through several cold waters; pick the leaves from the roots, shake them until dry. Throw them in a hot kettle, cover with a quart of boiling water, add a level teaspoonful of salt, boil rapidly for five minutes; drain. Put the spinach back in the kettle, cover, and steam gently for fifteen minutes longer. Drain, press slightly, and chop very fine; then press the whole through a colander, in a granite or porcelain saucepan. To each peck of spinach add two tablespoonfuls of butter, a level teaspoonful of salt, two tablespoonfuls of good stock, a tablespoonful of cream, and a dash of pepper; stir carefully until very hot. Pack the mixture in a heated bowl to mould, and turn it on a round dish. Have ready cut in eighths some hard-boiled eggs; arrange these on top of the spinach, garnish the dish with triangular pieces of buttered toast, and send at once to the table.

Cook kale in precisely the same manner.

MY BEST SALAD RECIPES

A dinner salad is composed of daintily cooked or raw green vegetables, dressed with French dressing—about four or five parts of oil to one of vinegar, with seasonings to harmonize with the materials over which it is to be poured. For instance, finely shaved cabbage, one of the daintiest of dinner salads, is much more palatable and attractive when seasoned with finely chopped or pounded mint, or mint sauce. Lettuce is decidedly better with a suspicion of garlic or onion; chicory with a drop or two of Worcestershire sauce. Garlic is an excellent flavoring, but use it sparingly—rub the spoon or the bottom of the bowl, or press it down in a crust of bread and place it in the bowl under the lettuce or cress.

All dinner salads should be dressed at the table or at a side table at the last moment. They wilt and become unattractive if they stand even five minutes. The French have a way of dressing salads which is to be recommended. First dust over salt and pepper; then rub the spoon with garlic, measure in it the given amount of oil, pour it over the salad, and mix thoroughly; then measure and pour over the given quantity of vinegar,

and mix again. The vinegar going over last cuts the flavor of the oil and gives an entirely different result from the ordinary salad with French dressing; the oil is less pronounced.

The term salad is also applied to any form of cold meat dishes, mixed with lettuce or celery and seasoned like a salad. Chicken and celery, beef, mutton or fish dressed with mayonnaise dressing are salads. In this country fruits cut in slices and dressed with sweetened alcohol are known as "fruit salads."

If one has the full understanding of several simple dressings any number of salads, perhaps forty or fifty, may be made by changing and mixing flavorings and ingredients. A little ingenuity blended with artistic taste will produce a different salad every day in the month.

FRENCH DRESSING

Put half a teaspoonful of salt and a saltspoonful of pepper in a bowl; add slowly, mixing all the while, four tablespoonfuls of olive oil. When the salt is dissolved add one tablespoonful of tarragon vinegar or lemon juice. Mix and use at once.

ITALIAN DRESSING

Put in a bowl half a teaspoonful of salt, a dash of cayenne, a teaspoonful of tomato paste, or a tablespoonful of tomato ketchup; add gradu-

ally, mixing all the while, four tablespoonfuls of olive oil. Add one clove of garlic that has been mashed to a pulp, and a tablespoonful of tarragon vinegar.

LETTUCE SALAD

Cut the lettuce in four quarters, beginning at the bottom. Remove the leaves carefully without mashing or pressing them. Carefully wash each leaf and put it on a clean, soft napkin; dry and arrange them loosely in the salad-bowl. Sprinkle over chopped chives, parsley or onion, as you like. At serving-time have this brought to the table, also the oil and vinegar. Dust the salad with salt and pepper. Rub the spoon with garlic, measure the oil, pour it over the lettuce, mix and toss with a salad fork and spoon until the oil is evenly distributed. Then pour over the vinegar, toss again, and serve.

MY FAVORITE SALAD

Select a white, crisp head of lettuce; cut at the base, break it apart, and throw the leaves in cold water for an hour. Cut in very thin slices a carefully boiled beet; shave sufficient cabbage to make a pint; throw it in ice water. At serving-time shake and dry the lettuce and the cabbage. Put a layer of lettuce leaves in the bottom of a salad-bowl, put over a portion of the cabbage, then some beets, a half teaspoonful of celery seed; then

another layer of cabbage and garnishing of beets. Peel two tomatoes, cut them in halves, press out the seeds, and cut the flesh in cubes of an inch. Put these around the edge. Put in the centre of the bowl the heart of the head of lettuce, and stand it aside until serving-time. To dress, dust with a teaspoonful of salt, a saltspoonful of pepper, sprinkle over all four tablespoonfuls of mint sauce, add a tablespoonful of onion juice, a teaspoonful of soy, or Worcestershire sauce, and the same of mushroom ketchup that has been well mixed with a clove of garlic thoroughly mashed. Add eight tablespoonfuls of olive oil, and mix until each leaf of the lettuce is thoroughly covered with the dressing. Add four tablespoonfuls of grape and tarragon vinegar mixed; mix again, and serve immediately.

CHICORY SALAD

This, to me, is the most delightful of all dinner salads. Wash the chicory, trim the ends, leaving each piece about a finger's length. Put in a bowl half a teaspoonful of salt, a teaspoonful of grated onion, a saltspoonful of pepper; mix, and add four tablespoonfuls of olive oil; rub until the salt is dissolved; add a tablespoonful of tarragon vinegar; mix, pour over the chicory, and serve at once.

ASPARAGUS SALAD

Trim neatly one bunch of asparagus, stand it in a kettle of boiling, salted water, cover, and cook for forty-five minutes. Drain and cool. Arrange neatly upon a flat dish and serve very cold, with French dressing.

STRING BEAN SALAD

Select young, tender beans; string and cut each one in three pieces lengthwise. Cover with boiling, salted water; boil for twenty minutes, and drain. Throw them in cold water for ten minutes; then put them in boiling, unsalted water, and cook for fifteen minutes longer. Drain and cool. Arrange them neatly on a small platter, cover with French dressing, sprinkle with chopped parsley, and serve at once.

CAULIFLOWER SALAD

Soak a head of cauliflower in cold water; break it in flowerets and cook in salted, boiling water for thirty minutes. Keep it perfectly white; if it boils too long it will lose its color. When done lift it carefully and stand aside to cool. At serving-time arrange it in a salad-bowl, sprinkle with chopped parsley and a tablespoonful of onion juice, then pour Italian dressing over all, and serve.

WOODS SALAD

Scald and peel solid tomatoes, take a slice from the stem ends, scoop out the centres, and stand them on the ice to cool. Chop a handful of sheep sorrel, mix it with an equal quantity of chopped cress, finely chopped mushrooms, and chopped mint; fill this in the tomatoes, stand them on lettuce leaves, and pour French dressing over them.

Partridge berries may be used in place of the mushrooms when the latter cannot be procured.

CARROT SALAD

Cut young and perfect carrots in thin slices, then with a vegetable cutter cut them in fancy shapes. Put them in a kettle of boiling, unsalted water, cook gently for one hour, drain and cool. At serving-time arrange them neatly on lettuce leaves, cover with French dressing, and serve.

A SIMPLE RUSSIAN SALAD

Line a salad-bowl with crisp lettuce leaves. Put over one or two tomatoes that have been peeled and chopped fine. Add a mashed anchovy to the recipe for French dressing, pour it over the salad, mix, and serve.

MY BEST TEN FRUIT PRESERVES

Fresh fruits are always to be preferred, but there are times and conditions which make it necessary to preserve them for future use. The chosen methods are canning, sterilizing, with or without sugar, and preserving, where a large quantity of sugar is used; or the natural water may be evaporated and the fruit protected from the air and dust.

To can fruits the first requisite is that they be perfectly fresh. The jars must be in good condition, with glass tops if possible, and the rubbers elastic. Everything must be heated to the boiling point; the lids and jars must not be handled, washed or wiped after they have been boiled. If the fruit is to be canned without sugar there is not much danger of failure; the use of even a little sugar makes the canning process much more difficult.

Fruit should form a part of every day's food; it should not be used simply for ornamentation, but as a part of the meal. The love of children for fruit of all sorts is almost universal. It is a healthful, natural craving that should be gratified. Give the fruits, however, as nearly fresh as pos-

sible, and not made deadly sweet with sugar. Sugar takes no part whatever in correcting an acid.

PRESERVED STRAWBERRIES

Wash the strawberries before they are stemmed by putting them in a colander and plunging them up and down in cold water; remove the stems carefully and quickly. Weigh the berries; allow four pounds of sugar to four pounds of berries. Put a layer of sugar in the bottom of a large preserving-kettle, then a layer of berries, another layer of sugar, and a second layer of berries, with the remaining sugar on top. Stand away in a cool place for about two hours; then put over the fire and bring slowly to boiling point. Lift the berries with a fork; place them in tumblers or jars. Boil the liquor rapidly until it is reduced one-half, and then pour it, while hot, over the berries. When cold cover the jars with paraffin and paper. Strawberries preserved in this way will keep for an indefinite length of time.

CANDIED CHERRIES

Stone and weigh the cherries. Allow to each pound one pound of granulated sugar. Put the sugar in a porcelain-lined kettle; add half a cupful of water, stir until the sugar is dissolved, and skim when it reaches the boiling point. Add the

cherries; cover and push the kettle over a moderate fire where the cherries may simmer gently until transparent. Pour off the syrup, spread the cherries on dishes, cover with glass and stand in the sun to dry. Bring them in as the sun goes down; if they are not quite dry put them out the next day. They may then be dusted with granulated sugar and put aside for keeping.

This recipe will answer for candying all kinds of fruit.

PEACH LEATHER

This is really a fruit paste, and is exceedingly nice for school luncheons during the winter.

Wash half a peck of peaches, cut them in halves, and remove the stones. Weigh the peaches, and to each pound allow a quarter of a pound of sugar. Put the peaches in a porcelain-lined kettle, cover and stew slowly, stirring now and then, until the mass is smooth and rather dark. Add the sugar and continue cooking until, when you put a teaspoonful in a saucer and cool it, it is sufficiently hard to roll or handle like a soft ball. When done turn into tumblers, and stand aside to cool just as you would jelly. Then cover either with lids that have been sterilized or with paraffin and paper.

Apples and quinces may be used in the same way.

GOOSEBERRY JAM

To eight pounds of ripe gooseberries allow one quart of currant juice and five pounds of granulated sugar. Top and tail the fruit. Put the sugar and the currant juice in a porcelain-lined kettle, boil and skim; then add the gooseberries, let them simmer gently for three-quarters of an hour; then stand them aside for two days. Bring again quickly to boiling point until each berry is perfectly transparent. Pour at once into pots, and when cold cover with paraffin or oiled paper and keep in a dry place. During the cooking stir the jam frequently.

This is a delicious preserve to serve with the salad course.

ORANGE MARMALADE

Take an equal weight of fine oranges and sugar; allow to each twelve oranges one shaddock. Grate the yellow rind from half the oranges, cut them in halves crosswise; with a spoon take out the pulp, rejecting the seeds but saving all the juice; add the pulp of the shaddock; add the rind to the pulp. Bring to boiling point, add the sugar, and boil until it seems thick on cooling. Pour at once into tumblers, and cover when cool with paraffin and paper.

ORANGE HONEY

Grate the yellow rind from two fine oranges and add to it two pounds of strained honey. Remove the juice and pulp from one dozen oranges; this should measure at least a quart; add this to the honey. Turn the whole in a preserving-kettle and boil carefully for half an hour; then put it into pots, and when cold cover with paraffin or oiled paper.

QUINCE CHIPS

Pare, quarter and core nice ripe quinces; cut each quarter into thin slices; weigh, and to each pound allow a pound of sugar. Put the quince chips in a porcelain-lined kettle, cover with boiling water, boil rapidly for ten minutes, and drain. This water may be saved for flavoring apple sauce or other dishes. Put the quince chips back in the porcelain-lined kettle with the sugar, add half a cupful of water, cover the kettle, and stand it on the back part of the stove where the sugar will slowly melt, and then cook the quinces until they are dark red and transparent. Lift each piece with a skimmer and place on a sieve to dry. When dry roll in granulated sugar and put aside to use as a sweetmeat.

RASPBERRY VINEGAR

Put two quarts of raspberries in a stone jar or granite kettle, pour over one quart of pure cider vinegar; cover and stand aside for two days; drain off the liquor without mashing the berries, and pour it over another quart of fresh fruit, placed in the same jar or kettle, and stand aside as before. At the end of two days strain this carefully and pour it over another quart of fresh fruit, and let it stand one day. This time turn the fruit in a jelly-bag or two thicknesses of cheesecloth, and press it until dry. Wash the kettle, return the syrup, add one pound of sugar to each pint of liquid; stir until the sugar is dissolved, boil for five minutes, skim, bottle, cork with new corks and seal the bottles.

Raspberry vinegar diluted with cold water makes a very refreshing drink in hot weather.

CANNED PEACHES

This recipe will answer for pears—in fact, for all large fruits.

Pare and stone the peaches, pack them in jars, cover with cold water, adjust the rubbers, put the lids on carefully, and stand the jars in a large boiler, the bottom of which has been protected by a rack. Partly surround with cold water, cover the boiler, bring the water to boiling point, and let it boil for fifteen minutes. Screw on

the lids as soon as you lift the jars from the boiler; be careful not to touch the lids on the inside. Next morning give the lids another screw, wipe the jars, and stand them in a cool place.

CRABAPPLE JELLY

Wash and core sufficient crabapples to make four pounds; put them in a porcelain-lined kettle with two quarts of cold water; bring to boiling point, cook for twenty minutes; drain in the jelly-bag for two or three hours. Measure the liquid; to each pint allow half a pound of sugar. Put the syrup in a porcelain-lined kettle, put the sugar in a pan in the oven; boil the syrup for ten minutes, add the sugar, boil for about two minutes, and it will then be ready to put in jelly-tumblers.

Quince and apple jelly may be made in precisely the same way.

MY BEST TEN FRUIT DESSERTS

Fruits are, as a rule, more digestible raw, and when served fresh and cool are the best of desserts, particularly in the summer-time when they are in season.

The sweet and sub-acid fruits are best quite cold. The sour fruits are spoiled by over chilling—they should be cool, but not cold.

In the early spring, when fruits are expensive, a smaller quantity may be made to do full duty when mixed with light doughs and such starchy materials as tapioca, or with whipped cream and gelatine as in the Bavarian creams. Sugar cooked with fruits is apt to change into new forms, which combine to make the fruit much sweeter than raw fruit with sugar sprinkled over it.

In most of the desserts I have given fresh fruit should be used when possible. Do not cook fruit unless you are obliged to do so.

Small fruits may be served with cream, but not milk. All fruits are, however, more wholesome when eaten without either sugar or cream.

OATMEAL BOUCHEES

Pour left-over breakfast porridge in small coffee cups; stand them aside to cool. At serving-time turn them out, scoop out the centre of each, leaving a wall and a bottom half an inch thick; fill this with berries or sliced peaches, dust with powdered sugar, and serve with cream, or a carefully-made soft custard.

This dessert may be served either at luncheon or dinner, and also for supper when dinner is eaten in the middle of the day.

DUTCH APPLE CAKE

Separate two eggs; add to the yolks a cupful and a half of milk, a tablespoonful of butter, melted, and half a teaspoonful of salt; mix and add two cupfuls of flour that have been sifted with three level teaspoonfuls of baking powder; beat quickly, fold in the well-beaten whites of the eggs, and turn in a greased shallow baking-pan. Cover the top thickly with apples that have been pared, cored and quartered, putting the rounding sides up, and dust over half a cupful of sugar. Bake in a moderately quick oven for half an hour, or until the apples are tender. Serve with cream.

Peaches, huckleberries, blackberries or elderberries may be substituted for the apples.

ALMOND CUSTARD

Pare and slice two large peaches, put them in the bottom of a serving-dish. Put a pint of milk in a double boiler; separate two eggs, beat the yolks with half a cupful of sugar, add a little hot milk, turn in the boiler, cook for a moment, take from the fire, and stir in half a cupful of stale, fine breadcrumbs, ten drops of bitter almond, and twenty-four almonds, blanched and chopped fine. Cool and pour over the peaches in the serving-dish. Beat the whites of the eggs to a stiff froth, add two tablespoonfuls of powdered sugar, and beat again. Drop by teaspoonfuls in a saucepan of hot water; cook for an instant; lift with a skimmer, drain, and slide them at once on top of the pudding. Dust with a tablespoonful of fine breadcrumbs and stand aside to cool. Serve cold.

Stale pieces of cake or rusk may be used in the place of bread.

PAN PUDDING

Add sufficient milk to a pint of flour to make a stiff dough; knead and pound it for at least fifteen minutes. Cut it in quarters, roll each piece in a thin sheet not thicker than letter-paper and the size and shape of an ordinary roasting-pan. Brush the bottom of the pan with melted suet, put in a sheet of the paste, brush it lightly with melted suet. Have ready a quarter of a pound of

Jordan almonds, blanched, chopped fine, and mixed with a cupful of chopped raisins, half a pound of chopped apples, and a cupful of brown sugar. Put this mixture on the sheet in the pan, cover with another sheet, brush with suet, then another, and so continue, until all the sheets of paste are used. Brush the top with melted suet, dust with sugar, and bake in a quick oven for three-quarters of an hour. Remove very carefully from the pan to a flat dish and send at once to the table.

If properly made this is one of the most delicate of all puddings.

CANNELONS

Rub a rounding tablespoonful of butter in a quart of flour; add two rounding teaspoonfuls of baking powder and half a teaspoonful of salt; mix thoroughly, and stir in quickly a cupful and a half of milk. The dough must be moist, but not wet. Knead quickly, roll out in a sheet half an inch thick, cut in strips one inch wide and twelve inches long; roll each strip around a cannelon-mould; place in a baking-pan, brush the tops with the yolk of an egg beaten with a tablespoonful of milk, dust thickly with granulated sugar, and bake in a quick oven for twenty minutes. When done take out of the moulds, fill the

spaces with sugared fruit. Arrange the cannelons neatly upon a pretty dish and send to the table with a pitcher of cream.

PRUNE SOUFFLE

Remove the stones from half a pound of stewed prunes; press the prunes through a sieve, add to them the yolks of three eggs slightly beaten, with four tablespoonfuls of powdered sugar. Fold in the well-beaten whites of six eggs; turn at once in a baking-dish, dust the top with powdered sugar, bake in a quick oven for five or six minutes, then send immediately to the table in the dish in which it was baked.

CREAM APPLE PUDDING

Pare, core and quarter six tart apples. Dissolve a teaspoonful of soda in two tablespoonfuls of warm water; add it to one pint of thick, sour milk and sour cream mixed, stir in two cupfuls and a half of pastry flour, beat for a moment; pour in a greased baking-pan, the bottom of which has been covered with the apple; sprinkle half a cupful of granulated sugar and a teaspoonful of cinnamon over the top. Bake in a moderately quick oven for one hour, and serve hot with a carefully made hard sauce, or cream.

APPLE DOWDY

Line a baking-dish with thin slices of brown bread, buttered; fill in the spaces with apples that have been pared, cored and chopped; mix a teaspoonful of cinnamon with half a cupful of brown sugar; sprinkle this over the apples; add half a cupful of water, and cover with another layer of brown bread, buttered—with the buttered side up. Bake slowly for one hour, and serve with cider sauce.

FRUIT GELATINE

This attractive and dainty dessert has been burdened with a number of very inappropriate names, such as "Heavenly Hash," "Angels' Hash," etc.

Stone and chop a quarter of a pound of dates; mix with an equal amount of figs, chopped fine; add chopped candied cherries or pineapple, or the pulp of an orange, or a sliced banana. The mixture must be sufficient to fill a quart and a pint mould. Cover a box of gelatine with half a pint of cold water and let it soak for half an hour. Add to it a cupful of sugar and a quart of boiling water; stir until the sugar is dissolved; add the juice of two lemons and one orange, and two teaspoonfuls of caramel. Strain in the mould over the fruit and stand it aside to harden. When cold and quite firm turn it out upon a glass dish

and send to the table with or without whipped cream. The fruit must be put loosely in the mould or the jelly will not penetrate.

MY FAVORITE DESSERT

Mix orange pulp, white grapes cut in halves, candied cherries chopped fine and a grated pine-apple with half a cupful of powdered sugar; stand aside to cool. At serving-time fill dessert-glasses with two tablespoonfuls of this mixture; put a tablespoonful of lemon water-ice in the centre of each glass; cover it over with four tablespoonfuls of whipped cream, and send at once to the table.

MY BEST TEN COLD LUNCHEON DISHES

BLIND HARE

Chop one pound and a half of round steak and one pound and a half of veal cutlets fine. Add to them four eggs well beaten, half a teaspoonful of grated nutmeg, a level teaspoonful of cinnamon, two level teaspoonfuls of salt, a saltspoonful of black pepper and two cupfuls of stale bread-crumbs; mix all together and pack in a square bread-pan. Turn it out carefully on a tin sheet, baste with butter, sprinkle with breadcrumbs, and bake in a moderate oven for three hours, basting once or twice with a little melted butter. Serve cold cut in very thin slices.

MARBLED CHICKEN

Chop fine cold cooked salt beef's tongue; cut the meat from a three-pound boiled chicken; season the tongue with pepper and nutmeg and the chicken with salt, pepper and celery seed. Select a Boston brown bread mould or a square bread-pan; put in a layer of tongue, then a layer of chicken, a thick sprinkling of parsley, a layer

of sliced hard-boiled eggs, then another layer of tongue, and so on until the ingredients are used. Cover half a box of gelatine with half a cupful of cold water and soak for fifteen minutes; add a pint of boiling water; stir until the gelatine is dissolved, add the juice of a lemon, a teaspoonful of salt and a dash of red pepper. Pour this over the meat, and with a skewer make holes here and there, allowing the gelatine to go to the very bottom of the mould. Stand aside overnight and serve on lettuce leaves with mayonnaise dressing.

PRESSED CHICKEN

Boil carefully a four-pound fowl; when the meat is very tender take it from the water and stand aside to cool. There should be about one quart of liquor when the fowl is done; to this add two-thirds of a box of gelatine that has been soaked in a cupful of cold water for half an hour, a tablespoonful of onion juice, a palatable seasoning of salt and pepper and the juice of a lemon. Add the whites of two eggs slightly beaten; boil hard for five minutes, and strain through flannel or two thicknesses of cheesecloth. Take the meat from the chicken, remove the fat, bones and skin. Put a layer of meat in the bottom of a square bread-pan or mould, then a layer of chopped parsley, a layer of thin sliced hard-boiled eggs, an-

other layer of chicken in good-sized pieces. When the mould is full pour over the clarified gelatine and stand aside overnight. Serve cold garnished with any accessible greens.

POTTED FISH

Boil four pounds of halibut or any white fish; when cold pick it apart in large blocks; add two teaspoonfuls of salt, two saltspoonfuls of pepper and one blade of mace. Pound the fish to a paste, adding gradually a quarter of a pound of melted butter. Pack this in small jars or glasses, cover with melted paraffin, then with paper, and keep in a cold place.

HUNGARIAN FISH

Chop a pound of raw halibut very fine; add twenty-four almonds that have been blanched and chopped, a small onion grated, a level teaspoonful of salt, a saltspoonful of black pepper and the juice of two lemons. Pack this in small pots or moulds, cover, stand in a pan of water, and cook slowly in the oven for one hour. Stand aside to cool. When ready to serve turn it from the moulds on to lettuce leaves and cover with sauce tartar or mayonnaise dressing.

This is a very nice dish for Sunday night supper.

PICKLED FISH

Purchase four pounds of salmon or halibut. Wash; put it in a kettle and cover with boiling water; add a tablespoonful of salt and boil gently for thirty minutes. When done drain and stand aside to cool. Take off the skin, cut the fish into convenient pieces. Put one quart of good vinegar in a porcelain-lined kettle, add two blades of mace, six whole cloves, two bay leaves, a small onion chopped, a dash of red pepper, two tablespoonfuls of sugar; bring to boiling point; drop in the pieces of fish, and let them boil up once. Have ready four or five quart glass jars; see that they are scalded and made clean. Lift each piece of fish, arrange them in the jars, cover with the boiling vinegar; adjust the rubbers, take the tops from a kettle of boiling water, screw on quickly, and stand in a cool, dry place. This will keep for months.

Any fish may be used, though white-fleshed fish is best.

MOCK PATE DE FOIES GRAS

Wash a small calf's liver; put it in a stewing pan with a good-sized onion chopped fine, two bay leaves, a blade of mace, a saltspoonful of black pepper, six whole cloves, a teaspoonful of salt, a lump of loaf sugar and one pint of stock;

cover the saucepan and cook gently for three hours. When done cut the liver in thin slices, put them on a meat-dish, strain over the liquor from the saucepan, and stand aside overnight. Next day pound the liver to a paste; add slowly half a pound of melted butter. Press the whole through a colander. Pack in small pots, smooth the tops, pour over melted suet or paraffin, and stand in a cool place.

This is cut in thin slices and served as a luncheon dish.

COLLARED BEEF

Purchase about six or eight pounds of rolled corned beef; trim it neatly and spread over a mixture made from two grated carrots, half a cupful of chopped parsley and four tablespoonfuls of grated horseradish. Roll the beef, bind with strips of muslin, then roll it in cheesecloth and drop it in a kettle of boiling water; bring to boiling point and skim. Add to the water an onion, two bay leaves, four cloves and, if you have it, a teaspoonful of celery seed; simmer gently for four hours. Take the meat from the water and stand aside to cool. Serve cut in very thin slices. This will keep three or four days even in warm weather.

BEEF A LA MODE

Spices are antiseptic, hence all meats cooked with spices will keep much longer than roasted or boiled meats. Select a piece from the round of beef, four or eight pounds, according to the size of your family. Have it at least four inches thick. Cut deep gashes in the meat, nearly through. Rub the meat on the outside and in the gashes with a mixture made from a teaspoonful of salt, a saltspoonful of black pepper, a quarter of a teaspoonful of mace, the same of cloves, half a teaspoonful of ginger and half a teaspoonful of cinnamon. Mix together four tablespoonfuls of vinegar and one of melted butter or olive oil. Moisten the meat on the outside with this mixture, and bind it in shape and stand aside overnight. Next morning put it in the baking-pan over the fire, brown quickly on both sides, and cover with boiling water. Add a quart of boiling water, cover the pan, and bake slowly for four or five hours, basting frequently. When done stand aside to cool. Serve in thin slices with cream horseradish or tartar sauce.

DEVILED EGGS

Chop sufficient cold cooked chicken to make half a pint; put it in a bowl, rub with a spoon and add one tablespoonful of melted butter, one

of chopped parsley, a level teaspoonful of salt, a saltspoonful of pepper and one raw egg well beaten. Hard-boil twelve eggs; remove the yolks, rub them to a paste, and mix them with the chicken. Make this in balls the size of the yolks and fill each white. This will give you twenty-four halves of eggs with full-sized yolks. Arrange these neatly on lettuce leaves on a platter and serve with mayonnaise dressing as a cold dish at luncheon. The yolks may be flattened and two whites put together and rolled in tissue-paper for picnics.

MY BEST FIFTEEN ICES

Ice Creams are better, and are more apt to be smooth and free from "buttery" conditions, if half the cream is scalded; this also prevents swelling, which makes the cream less watery. To each quart of cream allow, for vanilla and other extract flavorings, seven ounces of sugar. There is no advantage in using milk; it does not swell like cream, and, moreover, it prevents the ice cream from having a good, lasting body.

Cream freezes more quickly than the syrup for water-ices. All sour fruits should be added to the cream after it is frozen.

PHILADELPHIA VANILLA ICE CREAM

Scald a pint of cream; cut a vanilla bean in halves, scrape out the seeds, and rub with the sugar; then add the sugar to the cream; stir until dissolved and cold; when cold add another pint of unscalded cream. When the mixture is icy cold turn it in the freezer, pack with salt and ice, using one-third salt to two-thirds ice. Turn the crank slowly for a moment until the cream is icy cold, then stir rapidly until it is frozen.

Remove the dasher; repack and stand aside for an hour or two to ripen.

PLAIN VANILLA ICE CREAM

Add eight ounces of powdered sugar to one quart of cream. Stir until the sugar is dissolved, and add a dessertspoonful of good extract of vanilla. Turn into the freezing-can; stir slowly at first until the cream is icy cold, then beat more rapidly until it is thoroughly frozen.

ORANGE ICE CREAM

Put the grated rind of an orange in a pint of cream, add eight ounces of sugar, stir in a double boiler until the sugar is dissolved; when cold add another pint of cream and freeze. If orange juice or orange pulp is added it must be done after the cream is frozen; then stir it just a moment longer and repack. The flavoring of the orange is in the rind.

STRAWBERRY ICE CREAM

Mash one quart of strawberries; add to them half a cupful of sugar, and let stand for half an hour. Scald a pint of cream; add eight ounces of sugar, and when cold add a second pint of cream; turn the mixture in the freezer; when frozen very hard add the quart of mashed straw-

berries. Turn the crank again until the whole is well frozen. This may be used after it has been standing for one hour. Always repack after the first freezing, using less salt and coarse ice.

FROZEN PEACHES WITH CREAM

Plunge twelve very ripe peaches into a kettle of hot water; this will allow the skins to be easily removed. Mash the peaches through a colander; add to them eight ounces of sugar; stir until the sugar is dissolved; add half a pint of water; put the mixture in the freezer and stir until it is frozen rather hard. Add one pint of good, thick cream; stir until thoroughly mixed. Repack the can and stand aside for an hour to ripen.

DONNYBROOK CREAM

This is really pistachio ice cream. Blanch and pound to a paste two ounces of pistachio nuts; add, while pounding, one teaspoonful of bitter almond extract. Scald a pint of cream; add seven ounces of sugar; stir until the sugar is dissolved. Take from the fire, and when this is cold add it gradually to the pistachio paste, rubbing or stirring all the while. Add another pint of uncooked cream and when the mixture is icy cold, freeze.

SULTANA ROLL

Line one pound baking-powder boxes with pistachio ice cream, making a wall and bottom at least an inch thick; fill the centre with cream that has been whipped to a stiff froth and to which you have added a cupful of seedless raisins that have been soaked in orange juice overnight. Drain them perfectly dry; add a drop or two of cochineal to the cream to make it slightly rose-colored. Put another layer of pistachio ice cream over the top and put on the lid. Bind the seams of the mould with strips of muslin that have been dipped in melted paraffin. Pack the moulds in salt and ice; stand them aside for at least two hours. At serving-time plunge them in a kettle of boiling water, and turn the creams out on a long platter. Serve with grape sauce.

GRAPE SAUCE

Boil a pound of sugar and half a pint of water together for ten minutes until they form a thick syrup; add the juice of a lemon, and when cold add half a pint of grape juice or claret. Pack in ice until serving-time.

CAFE PARFAIT

Make and freeze one quart of coffee ice cream; at serving-time stir in a pint of cream that

has been whipped to a stiff froth. Serve immediately in meringue shells or in dessert-glasses.

FROZEN STRAWBERRIES

Mash a quart of strawberries, add half a pound of sugar and the juice of two lemons; stand aside for one hour. Boil together a pint of water and half a pound of sugar; strain and cool. Add the cold syrup to the strawberries, pour them in the freezing-can, and turn slowly until the mixture is frozen hard. Serve in glasses with whipped cream.

ALASKA BAKE

Pack a round or brick mould with vanilla or strawberry ice cream; cover and bind the seams with strips of muslin dipped in melted paraffin. Repack in ice and salt, and stand aside for at least two hours. At serving-time turn the cream on a folded napkin on a platter. Beat the whites of four eggs until light; add four tablespoonfuls of powdered sugar, and beat until light and dry. Cover the cream thoroughly with this meringue, and dust with powdered sugar. Stand the platter on a cold board, and run the whole in a hot oven for just a moment to brown. Serve at once.

GRAPE SHERBET

Boil one pound of sugar and one quart of water together for five minutes; strain and cool. When cold, add one pint of unfermented grape juice and four tablespoonfuls of lemon juice. Turn the mixture into the freezer and stir slowly until frozen. Remove the dasher and stir in a meringue made by beating the white of one egg to a stiff froth and adding one tablespoonful of powdered sugar. Repack the can and stand aside for one hour and a half.

All sherbets may be made after this recipe, substituting the same amount of other fruit juices.

PINEAPPLE WATER ICE

Add one pound and a half of sugar to one quart of water. Boil rapidly for five minutes; then cool. When cold add the juice of two lemons and one quart of grated pineapple. Mix, turn into the freezer and freeze, stirring slowly.

If canned or preserved pineapple is used allow less sugar.

ORANGE WATER ICE

Grate the yellow rind from three oranges into one pound of sugar. Rub until the sugar is quite saturated with the orange oil. Add a quart of water, bring to boiling point, boil for five

minutes; take from the fire, strain, and when cold add the juice of twelve large oranges and one lemon.

RASPBERRY WATER ICE

Take one quart of red raspberries, one quart of water, the juice of two lemons and one pound of sugar. Add the sugar and lemon juice to the berries; stir, and let stand for one hour; press through a sieve, add the water, turn into a freezer and freeze.

MY BEST TWENTY SUMMER RECIPES

During the summer months starchy and fatty foods should be eliminated from the bills-of-fare. Even ice cream contains too much fat to be used in large quantities. Water-ices, frozen fruit juices, are much more refreshing and wholesome if ice dishes can be classed among wholesome foods.

Eat less meat; substitute succulent vegetables, and fresh, ripe, uncooked fruits. Nitrogenous vegetables do not produce as much heat as meats. Fresh fruits are best raw; cooking in sugar makes them less natural, less digestible and less wholesome. As a class Americans use too few fruits; they are not expensive as compared to meats, and are very wholesome.

The love for fruit is almost universal among children, and still it is given to them sparingly. Make it a portion of every meal, and the bulk and base of all school luncheons.

Fruits, like other foods, may be divided into several classes: succulent, sub-acid, and those containing fruit sugars, as raisins, dates and figs, and bananas, containing starch. In the succulent group we have apples, pears, quinces, oranges,

limes, shaddocks, plums, peaches, apricots, cherries, olives, grapes, gooseberries, currants, cranberries, barberries, strawberries, raspberries, blackberries, mulberries, with the melons—as watermelons and cantaloups—and pineapples. The analyses of these fruits show them to be particularly rich in mineral salts, and while their nutritive value is low they contain a large amount of pure water, holding in solution fruit sugar and important vegetable acids. Use them in abundance during hot weather.

HOW TO DO WITH LITTLE COOKING

During August a small gas or oil stove will be quite sufficient to do the cooking for a large family.

Meats are more attractive when served cold; enough vegetables for two days may be cooked on one day, and this is equally true of cereals; the second heating renders them more palatable and more digestible, providing they are not stirred or mashed in cooking.

Where only one maid or no maid is kept let the cooking for the day be done during the morning hours, when it is necessary for some one to be in the kitchen. The chafing-dish plays an important part in the reheating of dainty dishes.

If one has roasted chicken for dinner save all pieces left over for chicken à la crême or chicken

à la Bordelaise for the next day. Forethought in the making of bills-of-fare a week in advance will save hours of labor and many dollars of expense; one cannot think of good combinations at a moment's notice. Cold meat dishes, the recipes for which are given in another part of the book, will help to give variety. Boned chicken, usually considered the most elaborate dish in the hands of an ordinary cook, is easily and quickly done, and makes a very pretty dish at little cost.

A word of caution is necessary about using left-over dishes containing eggs and milk. If the weather is warm and the air filled with humidity, ptomaine poisons arise very easily; all such dishes, as well as cooked fish, should be used on the day on which they are cooked. Even in the best refrigerators foods may become contaminated, and in turn contaminate other foods.

SUMMER VEGETABLE DISHES

BROILED TOMATOES

Split solid tomatoes into halves; place them on a broiler, skin side down, and broil slowly for fifteen minutes. Dust with salt and pepper, and put over a little butter. Send at once to the table.

BOILED TOMATOES

Throw small, solid tomatoes into a kettle of boiling water; boil rapidly for ten minutes; lift

with a skimmer and dish each on a heated saucer. Open the centres with a fork; put in a bit of butter, a little salt and pepper, and serve at once.

This makes an admirable breakfast dish.

PANNED TOMATOES

Cut tomatoes into halves, dust with salt and pepper; put a bit of butter in the centre of each, and place in a slow oven for twenty minutes. Serve on a heated plate.

EGYPTIAN TOMATOES

Peel and scoop out the centres of five or six solid tomatoes; put on ice until perfectly cold. When ready to serve arrange the tomatoes on lettuce leaves and fill the centres with finely-chopped cress that has been seasoned with grated onion, half a teaspoonful of celery seed, a dash of salt and pepper. Pour over a little French dressing, and serve at once.

A VEGETARIAN SUPPER DISH

Break two ounces of macaroni into short lengths, throw in boiling water and boil rapidly for twenty minutes. Rub the hard-boiled yolks of two eggs to a paste; add gradually four or five tablespoonfuls of cream. Rub together a tablespoonful of butter and one of flour; add the egg and half a cupful of milk; stir over hot water until

you have a thick, golden sauce; add half a teaspoonful of salt and a dash of pepper. Chop the macaroni fine and add it to the sauce. Cut a slice from the stem ends of good solid tomatoes, scoop out the centres, stand the tomatoes in a baking-pan, fill the centres with the macaroni, dust with breadcrumbs, and bake in a moderate oven for thirty minutes, until the tomatoes are perfectly soft but not broken.

Serve on slices of toast, either plain or with cream sauce. Cheese may be added to the macaroni, which will give greater food value.

CORN PUFFS

Score down the centre of each row of grains of six ears of corn; with a dull knife press out the pulp. This should measure one cupful and a half. Add to this half a cupful of milk, the yolks of two eggs and half a teaspoonful of salt; then stir in one cupful and a half of pastry flour that has been sifted with one rounding teaspoonful of baking powder. Fold in the well-beaten whites and bake in greased gem-pans in a moderate oven for twenty minutes. Serve the same as breakfast muffins.

CREOLE CORN

Peel and cut in quarters four good-sized tomatoes; put these in a saucepan with a dozen

okra washed and cut in thin slices; cover and stew slowly for twenty minutes; add the pulp of a dozen ears of corn, a level teaspoonful of salt, one sweet pepper chopped fine, a dash of white pepper; cook over hot water for fifteen minutes; add either four tablespoonfuls of cream or two tablespoonfuls of butter, and send at once to the table.

This is one of the most delicious of all the summer vegetable dishes. Served with chicken it forms a good Brunswick stew, or it may be served as a vegetable with broiled or baked chicken. The accompanying starchy vegetable should be rice.

CORN PUDDING

Score down the centre of the grains of twelve ears of corn, press out the pulp; add half a pint of milk in which you have moistened six tablespoonfuls of flour; add a teaspoonful of salt, a saltspoonful of pepper, the yolks of three eggs, and then stir in the well-beaten whites. Bake in a shallow pan. Serve as a dinner or supper dish.

FRESH PEAS PUDDING

Boil two quarts of shelled peas for fifteen minutes until tender; press through a colander; add two teaspoonfuls of salt, half a cupful of cream and a dash of pepper. Fill into custard-

cups and stand in a pan of hot water and bake in a moderate oven for twenty minutes. Serve with cream sauce.

This may be made in the morning and cooked just at serving-time.

BEAN ROLL

Cook lima beans in boiling water until tender; press through a sieve; add salt and pepper, and a tablespoonful of butter to each pint of pulp. Stir in two eggs well beaten, and sufficient bread-crumbs—about half a cupful—to make the mixture thick enough to roll. Wrap in greased paper, and at serving-time bake for twenty minutes in a quick oven. Serve plain or with tomato sauce.

This takes the place of meat.

SOME PEACH DESSERTS

PEACH SHORTCAKE

Sift two rounding teaspoonfuls of baking powder and one of salt with one quart of flour; add sufficient milk to make a soft dough; knead quickly, roll out in a sheet one inch thick, cut to fit the baking-pan, brush with milk, and bake in a quick oven for twenty minutes. Pull the sheet apart, butter the inside, and cover the under part with finely-chopped sugared peaches. Put on the upper crust, dust with powdered sugar, and send to the table with a pitcher of cream.

PEACH DUMPLINGS

Wash half a pound of rice through several cold waters; drain, throw the rice in a kettle of boiling water and boil rapidly for twenty minutes; drain. Spread a thin layer in the centre of a dumpling-cloth; place in the centre of this one small stoned peach; fold the rice over, tie tightly; throw the dumplings in a kettle of boiling water, boil rapidly for fifteen minutes, and serve hot with a pitcher of cream.

PEACH CUP

Pare eight large, soft, ripe peaches; cut them in halves. Put aside twelve halves and mash the remaining quantity; add to them the yolks of two eggs, half a cupful of milk, a tablespoonful of butter, melted, half a teaspoonful of salt, and one cupful and a half of flour that has been sifted with a rounding teaspoonful of baking powder; beat for a moment, and fold in the well-beaten whites. Put a layer of the batter in the bottom of custard-cups, put on top of each half a peach, cover with two tablespoonfuls of batter, dust with granulated sugar, and bake in a moderate oven for twenty minutes. Turn from the cups and serve hot with hard sauce or a pitcher of cream.

FISH AND MEAT IN THE CHAFING-DISH

CHICKEN A LA CREME

Boil a four-pound chicken until tender; when cold remove the skin and cut the flesh into blocks. Put two tablespoonfuls of butter and two of flour in the chafing-dish; mix with one pint of milk; stir until the sauce thickens; add the chicken, a level teaspoonful of salt, a saltspoonful of pepper, and, if you have it, a teaspoonful of soy; stir until the chicken is thoroughly covered with the sauce. Heat, and serve from the dish.

FRICASSEE OF DRIED BEEF

Pull the dried beef apart in tiny pieces, cover it with boiling water for fifteen minutes, and drain perfectly dry. Put two tablespoonfuls of butter in the chafing-dish; when hot sprinkle in the beef; stir and cook until the meat is thoroughly heated. Sprinkle over a tablespoonful of flour, and add half a pint of milk. Stir constantly until the mixture boils; add a dash of pepper, and, if you have it, half a teaspoonful of kitchen bouquet. Stir constantly, and serve at once.

SWEETBREADS AND CANNED MUSHROOMS

Boil the sweetbreads carefully for three-quarters of an hour; pick them apart, rejecting the membrane. Drain and chop fine one can of

mushrooms; mix them together and let them stand in the refrigerator for an hour or two. Put two tablespoonfuls of butter and two of flour in the chafing-dish; add a pint of milk, stir until the sauce thickens; add the sweetbreads and mushrooms, a level teaspoonful of salt and a saltspoonful of pepper. Serve when hot.

Chicken may be cooked after the same fashion.

DUCK A LA BORDELAISE

Roast a duck and cut it in blocks; to one pint of these blocks use a tablespoonful of butter and one of flour, and half a pint of stock. Put the butter and flour in the chafing-dish, add the stock, stir until boiling. Add the duck and a teaspoonful of mushroom ketchup, half a can of mushrooms, a teaspoonful of salt, a teaspoonful of kitchen bouquet and a teaspoonful of onion juice. When hot add a tablespoonful of chopped parsley, and serve.

Turkey or chicken may be substituted for the duck.

LOBSTER A LA NEWBURG

Boil a good-sized lobster; when cold remove the meat and cut in cubes of about one inch. Hard-boil three eggs. Put the yolks through a sieve ready for use; put into the chafing-dish one tablespoonful of butter and one of flour; mix; add

two-thirds of a cupful of good milk or cream; add a little of this sauce, when it has thickened, to the yolks of the eggs; rub to a paste, mix them with the sauce; add half a teaspoonful of salt, a saltspoonful of white or black pepper and about half a saltspoonful of grated nutmeg or a drop of extract of nutmeg. This sauce should be thick and have the general appearance of mayonnaise dressing. Add the lobster. When hot it is ready to serve.

SCALLOPS A LA POULETTE

Wash a pint of scallops, cover with boiling water for five minutes, and drain. Put them away until perfectly cold; beat the yolks of three eggs and add to them half a pint of milk and stand aside. At serving-time put two tablespoonfuls of butter and one of flour in the chafing-dish; mix; add the milk and yolks of eggs and the scallops; stir until the sauce is smoking hot. Put out the light immediately, or the sauce will curdle. Add half a teaspoonful of salt, a saltspoonful of pepper, and serve at once on a heated dish.

Chicken, sweetbreads and lobster may be cooked after this method.

MUTTON, VENISON STYLE

Cut roasted or boiled mutton in thin slices. Put into the chafing-dish four tablespoonfuls of

tomato ketchup, one tablespoonful of tarragon vinegar, four tablespoonfuls of currant jelly and a tablespoonful of butter; stir all these ingredients until hot. Put in sufficient mutton to saturate the sauce thoroughly; add half a teaspoonful of salt and a sprinkling of pepper. It is now ready to serve.

BEEF PATS

Put one pound of lean meat twice through a meat-chopper; add to it a teaspoonful of salt, a dash of pepper, a teaspoonful of onion juice and a tablespoonful of parsley; mix thoroughly, form into pats the size of a silver dollar; arrange them neatly on a plate, and garnish with parsley. At serving-time put a rounding tablespoonful of butter in the chafing-dish; put in the pats, cook them on one side, turn and cook them on the other. Lift to one side; add a tablespoonful of chopped onion, a tablespoonful of flour; mix and add half a pint of strained tomatoes; add half a teaspoonful of salt and a dash of pepper. Cover for three minutes, and serve.

MY BEST TWENTY LEFT-OVERS

True economy consists of buying small quantities of the best materials and using them carefully. When one wants a fine piece of roasted beef the roast itself must be of fair size; small roasts are extravagant and not palatable. Large roasts lose less in cooking than small ones, but the left-overs must be utilized or the dish is most expensive. As a rule left-overs are extravagances; they show thoughtless buying; but to know how to utilize them is the stronghold of every housewife. Many left-over vegetables are better on second cooking, especially the starchy ones. Not so, however, with meats.

Dishes made from eggs and milk should not be kept for a second day, especially during the warm months. Fish, even if perfectly fresh when cooked, is by far more dangerous than stale meat. Beef and mutton keep longer than either fish or white meats.

A few of the succulent vegetables, such as beans, peas, corn and stewed tomatoes, are better the second day than on the first; enough may be cooked one day to serve for the second, providing they are quickly chilled after cooking. Stock and

boiled meats must be put at once in a cold place or they will sour in the cooling, especially if there is much moisture in the atmosphere. Stand the stock bowl in a pan of cold water and change the water frequently until the stock is cool, then put it at once in the refrigerator. Cooked meats should also be cooled quickly. Do not cover materials while cooling. Spiced meats will keep longer in warm weather than plain boiled or roasted meats.

Save everything, even if it is only a tablespoonful of stewed tomatoes or one of peas; they may be added to to-morrow's omelet and change it from a plain into a dainty one. If the yolk of the egg has been used for a sauce save the white, and in arranging for next day's dinner select a dessert in which it may play a part. If there is one cold boiled potato save it; you may have cream of potato soup without the cooking of an extra potato. A few ears of corn may be cut off and added to breakfast muffins, or to the omelet, making corn muffins and a corn omelet. A pint of stewed tomatoes will make the tomato sauce for chops or beef croquettes.

A very nice experiment is to take six or eight saucers of left-overs from the refrigerator, and, with a few extra materials, convert them into a luncheon. To a saucer of apple sauce add a little tapioca for apple tapioca, or the white of a well-

beaten egg folded in for apple snow; or with an egg and half a pint of milk filled in custard-cups and baked, a Marlborough custard. Such work is not only interesting but instructive. It calls out inventive and artistic ideas, and makes pleasant work of the so-called drudgery. Every duty that calls out our better thoughts and higher nature not only educates the doer but elevates the position as well.

POTATO PUFF

Put a pint of cold mashed potatoes in a saucepan; add half a cupful of milk; stir, and beat until the potatoes are hot and smooth. Take from the fire, fold in the well-beaten whites of two eggs, heap in a baking-dish, and brown quickly in a hot oven.

Serve with roasted or broiled beef.

CREAMED HASHED POTATOES

Chop cold boiled potatoes rather fine; season them with salt and pepper; fill them in a baking-dish; pour over sufficient good milk or cream to just cover, and put in a quick oven until nicely browned.

POTATO AU GRATIN

Chop cold boiled potatoes rather fine; season them with salt and pepper; put them in a baking-dish, pour over sufficient cream sauce to just

cover, dust the top with grated plain or Parmesan cheese, and put in a hot oven until nicely browned.

HASHED BROWN POTATOES

Chop cold boiled potatoes rather fine; to each half-pint add three tablespoonfuls of cream, half a teaspoonful of salt and a dash of pepper; mix; put a tablespoonful of butter into a shallow frying-pan, put in the potatoes, flatten them in a perfectly smooth layer, cook slowly until a golden brown, fold one-half over the other, and turn out on a heated dish.

POTATO CROQUETTES

Put a pint of cold mashed potatoes in a saucepan; add four tablespoonfuls of milk or cream, half a teaspoonful of salt, a teaspoonful of onion juice, a dash of pepper, a grating of nutmeg, and stir and beat until smooth and hot. Take from the fire, add the yolks of two eggs, and form into cylinder-shaped croquettes. Beat the white of one egg and add to it a tablespoonful of water; roll the croquettes in this, then in breadcrumbs, and fry in hot fat.

The remaining white of egg may be used for some other dish.

WHAT TO DO WITH LEFT-OVER BREAD

The crusts of bread may be cut in blocks, browned in the oven, and put aside to serve with

soups. They may also be used in scalloped dishes, as scalloped tomatoes and cabbage. Dry the unsightly and rougher pieces, grind or roll and use for breading.

SCALLOPED TOMATOES

Put a layer of dried bread-blocks in the bottom of a baking-dish, then a layer of stewed tomatoes, or bits of left-over raw tomatoes that are not sufficiently sightly for salads; dust over them a little chopped onion, chopped parsley, salt and pepper, another layer of bread-blocks, tomatoes, seasoning, and another layer of bread-blocks; put here and there a bit of butter, and bake in a quick oven for twenty minutes.

SCALLOPED CABBAGE

Chop any bits of cabbage that are not sufficiently sightly to serve raw, or use left-over stewed cabbage; make a cream sauce and mix it with the cabbage. Put a layer of bread-blocks in the bottom of a baking-dish, then a layer of creamed cabbage, another layer of bread-blocks, cabbage, and another layer of bread. Put here and there bits of butter, and bake in a quick oven for twenty minutes.

Cabbage cooked in this way does not give off any unpleasant odor.

BREAD MUFFINS

Break into bits sufficient stale bread to fill a quart measure. Cover them with one pint of cold milk, soak for fifteen minutes, and then with a spoon stir and beat them to a smooth paste; add the well-beaten yolks of three eggs, a tablespoonful of melted butter, and one cupful of flour that has been sifted with a heaping teaspoonful of baking-powder; fold in carefully the well-beaten whites of the eggs, and bake in twelve greased muffin-pans, in a quick oven, for twenty minutes.

Muffins left over from breakfast may be pulled, not cut apart, and toasted for luncheon or supper.

BREAD PUDDING

Beat two eggs without separating, add four tablespoonfuls of sugar, and beat again; add one pint of milk, half a teaspoonful of salt, a grating of nutmeg; pour into a baking-dish, cover the top with buttered bread, buttered side up, and bake in a moderate oven until the custard is set (about twenty minutes). Serve cold.

BREAD CROQUETTES

These are very nice when they are served with fricassee of chicken, lamb or veal, and may take the place of other starchy food.

Rub stale bread in the hands until it is evenly crumbed. To one quart of crumbs add four

tablespoonfuls of sugar, half a cup of clean currants, a grating of nutmeg and three well-beaten eggs; work this mixture with the hand until it is moist, form in small pyramids, dip in egg, roll in breadcrumbs, and fry in hot fat.

Sugar may be omitted if desired, and salt, pepper and parsley added.

PRUNE SOUFFLE

Mash sufficient stewed prunes to make half a pint; press them through a colander; add four tablespoonfuls of sugar, and stir in the well-beaten whites of four eggs; turn in a baking-dish, dust with powdered sugar, and bake in a moderately quick oven for ten minutes.

CHEESE

Shells of Edam or pineapple cheese after being scooped out nearly clean may be saved to use as a baking-dish for creamed spaghetti, macaroni or rice. After the dish is completed, pour it in the shell, stand it on a greased paper in a baking-pan, and bake for fifteen minutes. Serve in the shell.

Other bits of dried cheese may be grated and put aside to serve with macaroni or as a flavoring to bread-balls for soup.

LEFT-OVER VEGETABLES

There comes a time every few days when even the economical housewife finds an accumulation of little things. Just a few peas, a few olives, a slice or two of beets, a cold potato, a little cold steak, a few bits of cold fish—all these may be utilized in salads. The Russian salad will take almost the entire quantity of meat and vegetables.

Fish may be dressed with mayonnaise and served on lettuce leaves. Vegetables may be mixed and served on lettuce leaves with French dressing, or stuffed in peeled and scooped-out tomatoes. An Egyptian salad is palatable, sightly and easily made. Mix peas, string beans, a little cress, chopped cabbage, a grated onion, and season with salt, pepper and celery seed; fill this in scooped-out tomatoes, cover with French dressing, and use at once.

RICE CROQUETTES

Put one pint of cold boiled rice in a double boiler with a gill of milk; stir until hot, add the yolk of an egg, two tablespoonfuls of sugar, a teaspoonful of vanilla; take from the fire and turn out to cool; when cold form into cylinders, dip in egg and breadcrumbs, and fry in hot fat. If these are to be served with meat omit the sugar and vanilla, and add salt, pepper and parsley.

LEMON RICE

Stir one cupful of cold boiled rice in one pint of milk; separate three eggs, add half a cupful of sugar to the yolks, beat thoroughly, add them to the rice mixture, and add the grated yellow rind and juice of one lemon. Turn this in a baking-dish, and bake in a moderate oven for thirty minutes. Beat the whites to a stiff froth, add three tablespoonfuls of powdered sugar, beat again until dry and light; heap this over the pudding, dust with powdered sugar, brown in the oven, and stand aside to cool.

COMPOTE OF PEACHES

Reheat cold boiled rice by standing it in a colander in a kettle of boiling water. Pare peaches, cut them in halves and remove the stones. Put the hot rice in the centre of a platter, cover with the peaches, dust with powdered sugar, and serve immediately with a pitcher of cream or milk.

MEATS THAT ARE LEFT OVER

Meats are the most costly of all articles of food; for this reason it is necessary to utilize all left-overs. The meat from soup may be used for curries, bobotee or any dish calling for high seasonings. It has in the long, slow cooking parted with both its odor and flavor, but not with its nourishing quality. Cold mutton may be made

into pilau, a stew with rice, hash, a barbecue, or a casserole; in fact, all the so-called "French entrées" are simply rewarmed meats. Reheat white meats in white or yellow sauce; dark meats in tomato or brown sauce.

CROQUETTES

This recipe will answer for all kinds of meat croquettes. Chop sufficient cold meat to make one quart; rub together two tablespoonfuls of butter and four rounding tablespoonfuls of flour; add them to a pint of hot milk; stir and cook until it is a thick, smooth paste, and take from the fire. Add to the meat two level teaspoonfuls of salt, half a teaspoonful of white pepper, a dash of red pepper, a saltspoonful of grated nutmeg, two tablespoonfuls of chopped parsley and a tablespoonful of onion juice. Mix thoroughly, add the cream sauce; mix again, and turn out to cool. When cold form into croquettes, dip in egg, roll in breadcrumbs, and fry in hot fat.

CHICKEN IN RICE CASSEROLE

Wash one cupful of rice, throw in boiling water, boil for twenty minutes, then drain. Add half a cupful of milk, a tablespoonful of butter, a level teaspoonful of salt and a quarter of a tea-

spoonful of pepper; stir to a rather smooth paste. Brush custard-cups with butter and line them to the depth of half an inch with the rice mixture. Rub two tablespoonfuls of butter and two of flour together; add a pint of milk, stir until boiling; add a teaspoonful of salt, a dash of pepper and one pint of nicely-seasoned blocks of cold cooked chicken. Fill this mixture in the centre of the cups, cover with a layer of rice, stand in a pan of boiling water, and cook in the oven for twenty minutes. Turn carefully on a heated dish, garnish with nicely-seasoned peas, and send to the table.

MOCK TERRAPIN

Cut bits of cold roasted fowl, turkey or duck in cubes of one inch. Measure; to each pint allow two tablespoonfuls of butter, one tablespoonful of flour, half a pint of milk and the hard-boiled yolks of three eggs. Rub the butter and flour together, add the milk, stir until boiling; add this gradually to the yolks of the eggs, rubbing all the while. When you have a perfectly smooth, thick, yellow sauce, add the chicken; stand it over hot water for at least twenty minutes, add a level teaspoonful of salt, a saltspoonful of white pepper and a teaspoonful of Worcestershire sauce or soy. Serve smoking hot.

CREAMED FISH

Rub together one tablespoonful of butter and one of flour; add half a pint of milk, stir until boiling; take from the fire, add a level teaspoonful of salt, a saltspoonful of pepper and one pint of cold cooked fish, picked in flakes; stand this over hot water until thoroughly heated. Serve on toast, in pâté shells, paper cases or in a potato border.

MY BEST GAME AND POULTRY RECIPES

In buying poultry choose those which are well fed but not too fat. Young chickens, ducks and geese are recommended to invalids, not that they are more nutritious or tender, but because they contain less fat. Duck is less digestible than turkey or chicken. Wild birds, "game" as we call them, being natural, are not over fat, hence are more wholesome than the barnyard overfed fowls.

The ordinary hog is an excellent example of an over-fattened animal. The deer, a natural wild animal, has scarcely a trace of fat; the flesh is tender and very easy of digestion. The red flesh of wild land birds and animals is less stimulating, and when carefully cooked is wholesome and easily digested. All meats should be quickly heated at first. This sears the outside and retains the flavor and juices. The after-cooking may be done slowly, especially with white-fleshed birds, as turkey and chicken. Game is best cooked quickly and served at once.

There is quite a difference in quality and flavor of wild ducks. The canvasback and redhead ducks are always best cooked without stuff-

ing; it seems a pity to stuff these fine birds. Mallards, teals, widgeons and woodducks may be stuffed with rice, hominy or potatoes nicely seasoned with chopped English walnuts. Canvasbacks and redheads are vegetable eaters, hence the flesh is sweet and palatable.

A SIMPLE GAME PIE

Boil one cupful of rice in plenty of water for half an hour. Drain, and add half a cupful of milk, a teaspoonful of salt, a saltspoonful of pepper and a tablespoonful of butter. Beat and mix well. Cut the birds in halves or quarters according to the size; put them in a baking-dish, season with salt, pepper, chopped onion and chopped parsley. Rub together two tablespoonfuls of butter and two of flour, add a pint of water or stock, stir until boiling; add a teaspoonful of Worcestershire sauce and one of salt. Pour this hot over the game; cover with a crust of rice, brush with milk, and bake in a moderate oven for one hour.

WILD DUCKS

Clean the ducks carefully. Truss them in shape, dust with pepper, brush with butter, put them in a baking-pan, and add a half cup of stock. Run in a very hot oven; in a moment the stock will evaporate and there will be sufficient fat in the pan to baste the ducks; do this two or

three times for three-quarters of an hour. All red meats should be served rare, and wild duck is one of the reddest of meats.

Many of the water birds living upon fish have a decided fishy flavor; this may be overcome by filling the bodies with finely chopped celery and rubbing the breast with onion.

BROILED VENISON STEAKS

Cut the steak about three-quarters of an inch in thickness; have everything ready, as it takes but a moment to broil, and venison must be served immediately. Have the serving-dish nicely heated and rubbed with butter. Put a teaspoonful of currant jelly, a teaspoonful of Worcestershire sauce and a quarter of a cupful of stock into a sauce-pan; add half a teaspoonful of salt; stand it where it will not boil, but will get very hot. Put the venison in a dry frying-pan over the fire, turn it constantly for five minutes; or in your broiler, and broil for eight minutes, turning every minute. Put it at once on the platter, pour over the sauce, and send to the table.

POTTED PIGEONS

Pigeons are better cooked in a moist heat. Singe, truss them in good shape, and put them in a baking-pan. Put them in a hot oven and keep them there until they are nicely browned. While

they are browning rub together two tablespoonfuls of butter and two of flour; add a pint of stock; stir until boiling; add a teaspoonful of browning or kitchen bouquet, chopped onion, a bay leaf, a teaspoonful of salt and a saltspoonful of pepper. Arrange the pigeons in a pot, casserole-dish or saucepan, pour over the sauce, cover, and put in the oven to cook slowly for one hour and a half.

Pass with these boiled rice, peas or asparagus tips and a sour jelly.

SMALL BIRDS

Blackbirds, reedbirds and other small birds may be roasted whole, or put them in scooped-out potatoes, fasten with a skewer, and bake for half an hour. Serve them in the potatoes with brown sauce poured over.

Grouse are very good wrapped in a piece of bacon, then dusted with salt and pepper, rolled in oiled paper, and baked for half an hour in a quick oven, basting once or twice with hot stock. While they are baking mix two tablespoonfuls of Worcestershire sauce with the juice of two lemons. Baste the birds well with this, and dish on buttered toast.

PANNED BIRDS

This recipe will answer for all land birds. Split them down the back, remove the intestines,

and wipe the birds with a damp cloth. Put them in a baking-pan, flesh side up; cover the bottom of the pan with half a pint of hot stock or water. Put them in a very hot oven for fifteen minutes; baste, and dust with salt and pepper. Take out one bird and put the rest back for another fifteen or twenty minutes, according to the size. Cut the underdone bird in pieces and squeeze out all the juice. Grind or chop the breast and rub it with the livers, which have been boiled for twenty minutes. Add to them the juice, and two ounces of melted butter; heat over hot water. Dish each bird on a slice of toast, baste with the liver sauce, garnish with a sour jelly, and serve at once.

OPOSSUM

Skin, singe and wipe the opossum inside and out, then hang in a cold place for several days. Boil and mash four good-sized white potatoes; add a cupful of black walnuts chopped fine; add a teaspoonful of salt, a grating of onion, and a dash of pepper. Fill the opossum, sew it up, place it in the roasting-pan, pour over a quart of boiling water or stock, dust with salt and pepper, and roast for three hours, basting frequently. Have the oven very hot at first, then cool it down to about 240° Fahrenheit. Serve with this kale or spinach and panned baked apples, or apple sauce and cornbread.

TO COOK AN OLD FOWL

Draw and truss it in shape; do not stuff. Put inside a tablespoonful of chopped onion and a dusting of salt and pepper. Brown it quickly in a hot oven, then roll it in oiled paper, replace it in the pan, add a cupful of hot water, cover with another pan, and cook slowly for one hour and a half.

A BROWN FRICASSEE

This is one of the daintiest of chicken dishes. Singe, draw and disjoint a chicken as you would for stewing; put two tablespoonfuls of butter in a saucepan; when hot, not brown, put in the breasts of the chicken, flesh side down; let them cook quickly; take them out, being careful not to brown the butter. Add two tablespoonfuls of flour; mix; add a pint of water or stock, a level teaspoonful of salt, two bay leaves, and a tablespoonful of grated onion; when boiling add the chicken, putting the rough pieces, like the rack and back, in the bottom, then the dark meat, and on top the white pieces, flesh side down. Cover the saucepan, and simmer gently for one hour. When the chicken is tender, dish; remove the fat from the surface of the sauce, take it from the fire, add the yolk of one egg beaten with four tablespoonfuls of cream; strain this over the chicken; dust it thickly with chopped parsley or chopped celery and garnish the dish with tiny

milk biscuits, squares of toast, or squares of carefully fried white cornmeal mush. Pass currant or guava jelly; or serve with rice.

A CREOLE STEW

Draw, singe and disjoint a chicken; put two tablespoonfuls of butter in a saucepan; add three good-sized onions cut in very thin slices; cook until the onion is soft without browning. Put in the chicken, the rougher pieces first, then the white meat on top. Add half a pint of finely-chopped celery and sufficient strained stewed tomatoes to cover the chicken, about one quart. Simmer gently for one hour; add a level teaspoonful of salt, a saltspoonful of pepper or one sweet pepper chopped fine. Have ready one pint of fresh corn cut from the cob, or one can of corn; spread this over the top, cover and heat thoroughly. Dish the chicken in the middle of a large platter, put the corn on top, and strain over the sauce. Serve with plain boiled rice.

BENGAL CURRY

Cut two young chickens into joints the same as for fricassee. Put the dark meat and bony pieces in the bottom of the saucepan, the white meat on top. Cover with boiling water, bring quickly to a boil, and simmer gently for one hour; add a chopped onion, a bay leaf, a teaspoonful of

salt, and simmer for thirty minutes longer. The chicken must be very tender. Press through a sieve one can of Spanish sweet peppers; do not use any of the oil in which they are canned. Rub together a tablespoonful of butter and two of flour; add half a pint of water in which the chicken was boiled, and the peppers that have been pressed through a sieve; add half a cupful of thick, stewed tomatoes, and stir the whole until it reaches the boiling point. Put two teaspoonfuls of curry in a bowl, add just a little stock to moisten; add this to the other sauce; then add grated onion. Cook, stirring constantly, for five minutes. Take from the fire, and add half a cupful of thick cream and another tablespoonful of butter. Lift the pieces of chicken, put them in the sauce, stand over hot water covered closely for at least twenty minutes. Serve in a deep dish, and pass with dry, plain, boiled rice.

CHICKEN TIMBALES

This recipe will answer for all sorts of timbales, veal, fish or game.

Put half a pint of uncooked white meat of chicken twice through a meat-grinder, then put it in a bowl and with a wooden spoon rub to a paste. Put half a pint of soft white breadcrumbs and half a cupful of milk in a saucepan over the

fire; cook until smooth; take from the fire and when cold add it gradually to the chicken, rubbing all the while. Add a level teaspoonful of salt, a saltspoonful of pepper and five tablespoonfuls of thick cream; press this through a sieve and stir in carefully the well-beaten whites of five eggs; fill the mixture into small timbale-moulds, stand them in a baking-pan of boiling water, cover with oiled paper, and bake in a moderate oven for twenty minutes. Serve with plain cream or creamed mushroom sauce, and peas.

It is wise to line the bottoms of the moulds with buttered paper, and, if you wish, garnish them with chopped truffles or mushrooms.

CHICKEN CROQUETTES

Chop sufficient cold boiled chicken to make one quart; add to it two level teaspoonfuls of salt, two tablespoonfuls of chopped parsley, a quarter of a grated nutmeg, a tablespoonful of grated onion and a saltspoonful of red pepper; mix thoroughly. Put over the fire a pint of milk; add to it, rubbed to a smooth paste, two tablespoonfuls of butter and four of flour; stir until smooth and thick; add the chicken; mix well, and turn out to cool; when cold form into croquettes, dip in egg, roll in breadcrumbs, and fry in hot fat. Serve plain or with peas.

CHICKEN SOUFFLE

Chop sufficient cold cooked chicken to make a pint; put two rounding tablespoonfuls of flour into a small saucepan; measure half a pint of milk; add it slowly to the flour, and when smooth cook it over boiling water until it forms a paste. Take from the fire, and add hastily a tablespoonful of butter and the yolks of four eggs; add the chicken, a rounding teaspoonful of salt, a saltspoonful of pepper, and, if you like, a saltspoonful of celery seed. Beat the whites of the eggs to a stiff froth, stir them in carefully, turn the mixture into a baking-pan, and bake in a quick oven for thirty minutes.

CHICKEN EN CASSEROLE

Draw and truss into shape a chicken not over a year old. Peel twelve small onions, cut in fancy shapes, and cut a good-sized carrot and turnip; cut into pieces half an inch thick the tender part of one head of celery. Put the vegetables in the bottom of the casserole-mould, cover with a pint of boiling stock; add a bay leaf, a teaspoonful of salt and a saltspoonful of pepper. Rub or brush the chicken with melted butter, place it on top of the vegetables, and stand the mould in a quick oven for thirty minutes until the chicken is nicely browned; then cover the mould, and cook slowly

for one hour. Serve in the mould. Of course you will remove the chicken for carving.

Beef and mutton may be cooked in the same way.

BAKED GOOSE

Select a young goose; singe and draw it, and wipe it carefully inside and out. Boil three good-sized potatoes; when done mash them; add to them an equal quantity of soft breadcrumbs, half a can of mushrooms chopped fine, a teaspoonful of onion juice, a saltspoonful of celery seed, or half a cupful of chopped celery, and a rounding teaspoonful of salt; mix these together, stuff them into the goose; sew up the vent, put the goose in shape, stand it in a baking-pan, and pour in the pan a quart of strained tomatoes; add a teaspoonful of salt and a tablespoonful of chopped onion; bake in a quick oven until the goose is thoroughly browned. Cool the oven, and bake slowly for one hour and a half, basting frequently. When done there should be sufficient sauce in the bottom of the pan to measure half a pint; strain it in a gravy-boat.

BAKED TURKEY

Three days after the turkey has been hung wipe it on the outside with a damp cloth and carefully wipe the inside. Truss it in shape; put it in a baking-pan. Add two teaspoonfuls of salt to

half a pint of water or stock; turn this into the pan. Rub the breast of the turkey with either the turkey fat or butter; put in a very hot oven where it will brown quickly. When it is thoroughly browned cool the oven and roast slowly for fifteen minutes to each pound of turkey, basting every twenty minutes. If the stock or water in the pan evaporates tilt the turkey; you will find the body of the turkey containing a large quantity of melted fat; baste with this instead of stock or water.

Turkey roasted in this way is much sweeter than when stuffed.

MY BEST TWENTY BREADS AND BISCUITS

To make good breads one should be able to select good yeast and flour. The compressed yeast cakes, sold in almost every grocery store, are, as a rule, good, clean and reliable. These, with a small bread machine, will enable the housewife to make good bread quickly and easily; in fact, I allow only four hours from sponge to oven.

TWENTIETH CENTURY BREAD

To make four box loaves of bread, scald one pint of milk; add one pint of water, and when the mixture is lukewarm add one small compressed yeast cake dissolved in half a cupful of warm water, a level teaspoonful of salt, and sufficient whole wheat flour to make a batter; beat continuously for five minutes; cover and stand in a warm place, 75° Fahrenheit, for two hours and a half. Then add flour slowly, stirring all the while, until the dough is sufficiently hard to turn on a baking-board. Knead until it loses its stickiness; divide it in loaves; put each loaf in a greased square pan; cover and stand in the same warm place for one hour, or until it has doubled

its bulk. Brush the top with water, and bake in a moderately quick oven for three-quarters of an hour.

BREAD STICKS

Roll a portion of the twentieth century bread out in long, narrow strips about the size of a lead pencil; cut them in lengths to fit the bread-stick pans; put each in its own compartment and cover in a warm place for thirty minutes; brush with water, and bake in a quick oven for fifteen minutes.

OLD MAIDS

Shape a portion of twentieth century bread in round biscuits about the diameter of a silver dollar and half an inch thick. Flour the bread board or cloth; place them so they cannot touch each other; cover and stand in a warm place until they are very light, for about one hour. Heat slowly an ordinary cake griddle; grease lightly; put on the "old maids"; bake slowly for fifteen minutes and then turn them. Bake for twenty-five minutes.

GRAHAM BREAD

Scald a pint of milk; add half a pint of water; when lukewarm add one yeast cake dissolved in half a cupful of water; add a tablespoonful of molasses, a level teaspoonful of salt, and suffi-

cient graham flour to make a batter that will drop from a spoon; beat for five minutes; cover and stand in a warm place, 75° Fahrenheit, for three hours. Add one pint of graham flour, beat again; pour in three greased square pans; cover and stand aside for one hour. Bake in a moderate oven for three-quarters of an hour.

GOLDEN LOAF

Pare and boil half a pound of white potatoes; drain; dust lightly with salt; shake them until dry and press them through a colander. Add one pint of scalded milk, two tablespoonfuls of butter, a tablespoonful of sugar, two eggs well beaten, and one compressed yeast cake dissolved in a quarter of a cupful of warm water. Add a quart of white flour, and beat continuously for five minutes; then add flour slowly until you have a soft dough; knead for ten minutes until it is light and elastic. Put it in a bowl that has been slightly buttered; cover and stand in a warm place, 75° Fahrenheit, until it has doubled its bulk, or about three hours and a half. Divide it in two loaves, mould each lightly, put in greased square pans; cover and stand in the same place for one hour and a quarter, and bake in a moderate oven for three-quarters of an hour.

POCKETBOOK ROLLS

Scald one pint of milk. Rub a rounding tablespoonful of butter in a quart and a pint of white flour; put it in a bowl and make a well in the centre. Add one yeast cake, dissolved in three tablespoonfuls of warm water, to the cool milk; pour it in the well, and dust the flour from the sides of the bowl over the top of the milk; do not stir, but cover and stand in a warm place, 75° Fahrenheit, for three hours. Stir in gradually the flour, adding a teaspoonful of salt. Take this soft dough on the board, knead continuously for fifteen minutes; then pound it with a potato-masher for ten minutes longer, turning and folding almost constantly. Roll the dough in a sheet half an inch thick; cut with a large round cutter; press the centre with the back of a knife handle; brush one-half with a little melted butter and fold over the other, slightly pressing the two together. Stand in a shallow greased pan, sufficiently far apart not to touch in baking. Cover the pan and stand in a warm place for one hour and a half. Brush the tops lightly with milk, and bake in a quick oven, 400° Fahrenheit, for twenty minutes.

GERMAN NUT HORNS OR CRESCENTS

These are exceedingly nice rolls to serve with salads at evening or afternoon receptions.

Heat a pint of milk in a double boiler; take from the fire, add three tablespoonfuls of sugar, one tablespoonful of butter and half a teaspoonful of salt; when lukewarm add a compressed yeast cake dissolved in a quarter of a cupful of cold water. Add one pint of flour and beat continuously for five minutes; then add slowly sufficient flour to make a soft dough; knead until it loses its stickiness. It must not be as stiff as bread. Cover the bowl, stand in a warm place, 75° Fahrenheit, for three hours and a half; turn the dough carefully on a floured board; do not knead. Roll lightly in a sheet half an inch thick. Cut in crescents; stand them in a greased baking-pan sufficiently far apart as not to touch in the baking; cover for about three-quarters of an hour, or until they are very light. Run them in a very hot oven, 400° Fahrenheit. Beat the white of an egg, a tablespoonful of sugar and one of milk until well mixed. Have ready blanched and chopped fine twenty-four almonds. When the crescents have been in the oven for ten minutes draw them to the door, brush the tops with the egg mixture, sprinkle thickly with almonds, push them back, and bake for five minutes longer.

PULLED BREAD

To pull bread the bread must be baked in long loaves, the grain running from end to end;

it must be perfectly baked and thoroughly cold, then pulled. French bread is best. Whittle off the outside crust, then with two forks pull the loaves in halves, divide each half in quarters, and the quarters in eighths. Place these strips, ragged edges upward, in a long shallow pan that has been lined with soft brown paper; stand the pan in the oven, leaving the oven door open until each strip is dry to the centre. Close the door, increase the heat, and bake until a golden brown. This will keep as long as zwieback. After the first day, however, reheat at serving-time.

POTATO TEA BISCUITS

Pare half a pound of potatoes, cover with boiling water, boil for ten minutes; drain this water off and throw it away. Cover with a quart of freshly boiled water, and boil until the potatoes are tender; press them through a sieve, using the water in which they were boiled. Add hastily, while the potatoes are hot, half a pint of flour; beat thoroughly until smooth; add a level teaspoonful of salt, a tablespoonful of sugar; when lukewarm add one yeast cake dissolved in a quarter of a cupful of warm water. Cover and stand at about 80° Fahrenheit for one hour. Add a pint of milk that has been scalded and cooled, and sufficient flour to make a batter; beat thoroughly;

cover again for one hour; add one egg well beaten, and flour to make a dough; knead thoroughly until soft and elastic. Then pound with a potato-masher, constantly folding the dough. Form in one large loaf, put in a buttered bowl, stand in a warm place for one hour and a half. Mould in tiny rolls, place in French-roll pans, and stand aside for three-quarters of an hour. Brush the tops with milk, and bake in a quick oven for twenty minutes. After they have been baked for fifteen minutes brush the tops with glaze made by beating the white of egg with a tablespoonful of water.

EGG ROLLS

Add half a teaspoonful of salt and two rounding teaspoonfuls of baking powder to one quart of flour; sift two or three times, and rub in one rounding tablespoonful of butter. Beat one egg without separating; add to it one cupful and a half of milk; add this gradually to the flour. The dough must be soft but not wet. Turn out quickly, roll in a sheet half an inch thick, and cut with a large round cutter; dip a knife handle in flour, press down the centre, making a sort of hinge; brush one-half with melted butter, fold over the same as "pocketbook" rolls. Stand at once in shallow pans, brush the tops with milk, and bake in a quick oven for twenty minutes.

SWEET MILK SCONES

Add half a teaspoonful of salt and one rounding teaspoonful of baking powder to a pint of flour; sift once or twice, and rub in one tablespoonful of butter. Stir in one cupful of sweet milk. The dough must be sufficiently soft to drop from the spoon. Dip a tablespoon in boiling water, then take up a tablespoonful of dough and drop into a greased pan, keeping the scones sufficiently far apart not to touch in the baking. Bake quickly for twenty minutes.

Sour milk may be used in the place of sweet milk, substituting half a teaspoonful of baking soda for the baking powder.

Scotch scones are made from sour milk and flour, the dough being sufficiently thick to roll and cut. These are baked on a griddle, turning them several times during the baking.

BREAKFAST FRUIT GEMS

Stone and chop twenty-four dates; mix them with half a cupful of seedless raisins. Separate two eggs, beat the yolks and add one cupful and a half of milk, then the dates and raisins, half a cupful of cornmeal and one cupful of whole wheat flour; beat thoroughly; add two rounding teaspoonfuls of baking powder; beat again and fold in the well-beaten whites. Bake in a quick oven for twenty minutes.

OATMEAL WAFFLES

Waffles are rather better than griddle cakes; being baked on both sides at the same time, the starch cells are more apt to be ruptured. Griddle cakes contain uncooked starch which renders them indigestible.

Add one pint of left-over oatmeal breakfast porridge to one pint of milk; stir in half a teaspoonful of salt, one cupful of whole wheat flour and a tablespoonful of butter melted. Add the yolks of three eggs, beaten thoroughly, and two teaspoonfuls of baking powder; mix and fold in the well-beaten whites of the eggs, and bake at once.

EGG BREAD

Add one level teaspoonful of bicarbonate of soda to one pint of thick, sour milk or buttermilk; add half a teaspoonful of salt and two eggs well beaten; stir in hastily one cupful and a half of Southern cornmeal; turn at once in a shallow greased pan and bake from thirty to forty minutes in a quick oven. Serve hot.

POP-OVERS

Beat two eggs without separating until they are light; add half a pint of milk, half a teaspoonful of salt, and add them gradually to a

pint of flour, stirring all the while. Strain and turn at once in twelve hot, greased pop-over cups. Bake in a quick oven for forty minutes.

WAFER BREAD TO SERVE WITH SALADS

Dissolve half a teaspoonful of bicarbonate of soda in half a cupful of warm water; add sufficient warm water, about one cupful, to moisten a quart of whole wheat flour. The dough must be rather hard. Knead it continuously for fifteen minutes, then pound it with a potato-masher for from five to ten minutes, or put it through a biscuit brake. Roll the dough in a very thin sheet, cut in squares of two inches, prick with a fork, and bake in a moderately quick oven until crisp and brown. Half a pint of peanut or pine-nut butter may be rubbed in the flour before adding the water.

VIRGINIA BISCUITS

Rub one tablespoonful of shortening into a quart of soft white flour; add a level teaspoonful of salt. Mix two-thirds of a cupful of milk with an equal quantity of water; add this gradually to the flour, stirring all the while; the dough must be hard, not wet. It may not take the entire quantity of moisture; for this reason add it gradually. Knead the dough continuously for fifteen minutes,

then pound it for fifteen minutes longer, folding and turning constantly. Roll in a sheet as thin as a wafer, cut in squares, prick the top of each one with a fork. Stand in a baking-pan, where they will not touch each other, and bake in a moderate oven until crisp and brown.

If well made these biscuits are very light and digestible.

GLUTEN BREAD

Scald a pint of flour; when lukewarm add half a compressed yeast cake dissolved in a quarter of a cupful of cold water; add half a teaspoonful of salt and the whites of two eggs well beaten; stir in slowly two cupfuls of gluten flour; beat thoroughly, and stand aside in a warm place, 75° Fahrenheit, for three hours; then add slowly as much flour as the dough will hold and enable you to stir it easily. Pour the batter in two square greased pans; cover and stand in the same warm place for one hour and a half, and bake in a moderate oven for three-quarters of an hour.

OATMEAL BROWN BREAD

Mix a pint of rolled oats, a pint of rolled wheat, half a pint of granulated, yellow cornmeal, half a pint of whole wheat flour and one teaspoonful of salt. Dissolve a teaspoonful of

bicarbonate of soda in two tablespoonfuls of warm water; add it to half a pint of New Orleans molasses; stir and add this to a pint of thick, sour milk; mix with the dry ingredients. Pour in a greased brown-bread mould, and boil or steam continuously for four hours.

MY BEST CHRISTMAS CANDIES, CAKES AND PUDDINGS

The attractive candies manufactured by the first-class confectioners may be daintily made by the ordinary housewife, but it requires inventiveness, patience and much experience to make them perfect. Do not attempt too great variety at first: select a few that do not call for the touch and skill of a professional. To be successful, first learn to boil the sugar to the correct point. On a damp day patience will be required.

Before beginning select three or four new, small saucepans, holding from a pint to a quart, several measuring-cups, and six small cups for melting fondant (ordinary stoneware coffee-cups will answer the purpose), two or three candy-tongs, half a dozen candy-dippers, three small wooden paddles, six-inch spatula, a teller knife, a dish-mop, a half-inch paste-brush, a small twenty-five-cent alcohol stove, and, if possible, a marble slab.

Use granulated sugar for the fondant. Make the fondant one day and the candies the

next. Fondant will form the basis of two-thirds of the French candies and the coverings of nuts, fruits, etc.

THE WAY TO MAKE AND USE FONDANT

Put one pound of sugar into a granite saucepan, add half a pint of water, and stir over the fire with a wooden paddle until the sugar is dissolved, not an instant longer. With a sponge or piece of soft cheesecloth wipe the crystals from the side of the saucepan; if they are allowed to fall in the syrup they will cause granulation. The syrup must boil without stirring or without motion until it will form a soft ball when dropped into ice-water. As soon as this stage has been reached pour the syrup on a very lightly-greased marble slab, or a large meat-platter. Watch the syrup carefully; when it is cool enough to bear your finger begin to stir rapidly and constantly with a wooden paddle until a thick, white, creamy mass is formed. Dust a board with confectioners' sugar; take the mass in your hands and knead it as you would bread; it will soon become soft and smooth. Put this into a bowl; cover at once with a piece of wet cheesecloth. Do not make more than one pound at a time.

CREAMED FRUITS

Creamed fruits are made by dipping the fruits in melted fondant. Add a little water,

drop by drop, until the fondant is sufficiently thin to cover the fruit. Always melt it in a small pan standing in a pan of hot water. Stir the fondant constantly while it is melting.

Oranges, candied cherries, white grapes and nuts make very nice confections when neatly dipped.

ENGLISH WALNUT CREAMS

Work half a pound of fondant until creamy, and add, a little at a time, a teaspoonful of vanilla extract. Have ready English walnuts shelled and divided in halves; take a piece of the fondant the size of a marble, roll in the hand, place it between two halves of the walnuts, press together and stand them aside to harden.

Creamed dates are simply dates with the stones removed and the spaces filled with flavored fondant.

PEPPERMINT DROPS

Boil one pound of sugar and half a pint of water for five minutes; after they begin to boil, add three drops of good oil of peppermint, or a teaspoonful of strong essence of peppermint; take the mixture from the fire, stir rapidly until it begins to have a whitish appearance, then pour it quickly into tiny greased or oiled patty-pan moulds. The drops will be ready to serve as soon as they are hard.

The mixture must be stirred sufficiently long to look white as it goes into the pans.

CHOCOLATE CARAMELS

Put half a pound of grated, unsweetened chocolate, four ounces of butter, one pound of brown sugar, half a cupful of molasses, half a cupful of cream and a teaspoonful of vanilla sugar into a granite saucepan; stir the whole over a slow fire until thoroughly mixed, and then boil slowly until the mixture hardens when dropped into ice-water. Turn into greased, shallow pans and stand aside to cool. When nearly cold dip a sharp knife in olive oil, mark the caramels in squares; when cold break apart and wrap in waxed paper.

PANOCHA

Have ready shelled a quantity of pecan nuts. Put one pound of dark brown sugar and half a cupful of cream into a saucepan; stir over the fire until it melts and boils, and forms a soft ball when dropped into cold water. Take from the fire, add half a pint of pecans, stir until the sugar is granulated, and then drop it in little cakes on oiled paper.

MEXICAN SUGAR CANDY

Shell sufficient pecans to make half a pint of meats. Put a cupful of granulated sugar into an

iron saucepan, stir until it melts but do not let it burn. Take from the fire and when slightly cooled add a cupful of milk, another cupful of sugar and stir the whole until, when dropped into cold water, the syrup forms a soft ball. Take from the fire, add the nuts, stir until it granulates, and turn into a shallow, greased pan. Quickly flatten it out, and when cold break into squares.

CHOCOLATE CREAMS

Put one pound of fondant on the working board; add a teaspoonful of vanilla sugar, half a teaspoonful of vanilla extract, and work the mass until well mixed; form into tiny balls the size of a marble and put them on oiled paper to harden. Make the covering by putting a quarter of a pound of grated chocolate into a small saucepan, stand this in a pan of boiling water, add half a pound of fondant, a teaspoonful of vanilla extract, and sufficient boiling water to make it the consistency of very thick cream. Put the water in a teaspoonful at a time, keeping the mixture hot and stirring all the while. Drop in the hardened balls with the left hand, dip them out with the candy-dipper in the right hand and put on oiled paper to harden.

A little practice will enable you to shape and drop these chocolate creams neatly and easily.

FINE ENGLISH PLUM PUDDING

Stone a pound of raisins; mix with them one pound of currants, half a pound of minced, candied orange peel, three-quarters of a pound of breadcrumbs, one pound of suet that has been shredded and chopped fine, a quarter of a pound of flour, a quarter of a pound of brown sugar, half a nutmeg grated and the grated rind of one lemon. Beat five eggs without separating the whites from the yolks, and add half a pint of good grape juice; mix this with the dry ingredients, working the whole thoroughly until the mixture is moist but not wet.

Pack in greased moulds, or small tin kettles; cover, and steam or boil continuously for ten hours. Take the puddings from the water, remove the lids and cool in the moulds. Next morning replace the lids and put the puddings aside for two, three or four weeks, until needed. The longer they stand the better. But do not overlook the important point that they should be kept in a cool place.

CHRISTMAS FRUIT PUDDING

Put a quart of milk into a double boiler; beat the yolks of four eggs with one cupful of sugar until very light; add a little hot milk, return the mixture to the boiler and cook until you have a thick, soft custard. Take from the fire and add

a teaspoonful of vanilla extract. When cold turn the mixture into a freezing-can, pack, and turn until it is slightly frozen. Add a quarter of a pound of chopped, candied cherries, a cupful of sultanas, a quarter of a pound of candied pine-apple, chopped rather fine, and, if you have them, three or four grated macaroons. Fold in this one pint of cream whipped to a stiff froth, cover the can, repack, stand it aside for one hour, and the pudding will be ready to serve.

MARLBOROUGH PUDDING

Core five good-sized tart apples, cut them in thin slices, put them into a saucepan with half a cupful of water, cover the saucepan, cook quickly until the apples are soft; press them through a sieve. While they are hot add four tablespoonfuls of butter. Beat the yolks of six eggs with two cupfuls of granulated sugar; add a quart of milk, a teaspoonful of vanilla extract and the apples; pour the mixture into a baking-dish and bake in a quick oven for thirty-five minutes. Beat the whites of the eggs until fairly stiff, add six tablespoonfuls of powdered sugar, and beat until fine and dry. Spread this over the top of the pudding, dust thickly with powdered sugar, and put the pudding back in the oven for just a moment to brown nicely. Serve it cold. A pudding made

of the quantity of materials given here will be sufficient for ten persons.

QUEEN MAB PUDDING

Cover half a box of gelatine with half a cupful of cold water and let stand for half an hour. Whip one pint of cream to a stiff froth. Put a pint of milk into a double boiler; when hot add the gelatine. Beat the yolks of four eggs and two-thirds of a cupful of sugar together until light; add the hot milk, gradually; return to the farina-boiler; cook for about two minutes, take from the fire; add a teaspoonful of vanilla extract; strain into a bowl, stand this in a pan of cracked ice, and stir constantly until the mixture just begins to thicken. At this stage fold in quickly the whipped cream, pour into a mould, and stand away to harden.

Serve with candied or preserved cherries and plain whipped cream.

A PLAIN CHRISTMAS PUDDING

Shred and chop half a pound of suet; pick over and stone half a pound of raisins. Put the suet in a bowl, add one cupful of New Orleans molasses, one cupful of milk, half a teaspoonful of soda dissolved in a tablespoonful of water, a tablespoonful of cinnamon, and then stir in three cupfuls of flour that have been sifted with two

teaspoonfuls of baking powder. Beat vigorously, then add the raisins that have been slightly dusted with a little extra flour; pour into a greased pudding-mould, or pudding-bag; boil continuously for three hours.

Serve this pudding hot with either liquid or hard sauce.

DRIED FRUIT CAKE

Soak three cupfuls of dried apples or any dried fruit in sufficient cold water to cover, for twelve hours; drain, and chop rather fine. Cover with two cupfuls of molasses, simmer gently over a slow fire for two hours, and stand aside to cool. Beat one cupful of sugar and two eggs together until very light; add three-quarters of a cupful of butter that has been washed and softened; add the apples, a cupful of milk, a teaspoonful of cinnamon, half a teaspoonful of cloves, half a nutmeg grated, and a level teaspoonful of soda dissolved in a tablespoonful of warm water. Sift one pound of pastry flour and stir it into the mixture gradually. Bake the cake in a round, greased pan in a moderate oven for two hours.

HICKORY-NUT CAKE

Beat half a cupful of butter to a cream; add one cupful and a half of sugar, beating all the

while. Measure three-quarters of a cupful of water; sift two cupfuls of flour with three level teaspoonfuls of baking powder. Chop sufficient hickory-nut kernels to make one cupful. Add first a little of the water to the butter and sugar, then more water and flour until both are used; beat thoroughly for three minutes. Beat the whites of four eggs to a stiff froth, add one-half to the mixture, then add the nuts, and last the remaining whites of eggs. Bake in square or round pans in a moderate oven for forty-five minutes. Ice with soft icing and decorate with halves of nuts.

CUP SUNSHINE CAKES

Beat the whites of eleven eggs until they are fairly stiff; then add a level teaspoonful of cream of tartar and beat until fine and dry. Add the yolks of four eggs beaten to a froth; sift one cupful and a half of granulated sugar, add to the whites carefully, and add a teaspoonful of vanilla extract. When thoroughly mixed fold in gently one cupful of flour that has been sifted four or five times. Turn into greased custard-cups and bake in a moderate oven for twenty minutes. When these cakes are cold they should be iced with orange icing.

GRANDMOTHER'S ENGLISH PLUM CAKE

Beat one pound of butter to a cream; add gradually one pound of granulated sugar, and when very light add four eggs well beaten. Dissolve a teaspoonful of bicarbonate of soda in two tablespoonfuls of warm water, add it to one cupful of molasses, and then add the molasses to the butter, sugar and eggs. Stir in half a pint of lukewarm, strong, black coffee, three cupfuls of flour, a level teaspoonful of allspice, half a teaspoonful of cloves, two teaspoonfuls of cinnamon and one nutmeg, grated. Beat thoroughly. Mix half a pound of shredded citron, two pounds of stoned raisins and one pound of currants; flour them with a cupful of pastry flour, stir them in carefully, and finally bake in fruit cake-pans in a slow oven for two hours and a half.

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